

HOW TO COOK FOR THE SICK

---

HELENA V. SACHSE



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Book \_\_\_\_\_

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HOW TO COOK  
FOR THE  
SICK AND CONVALESCENT

ARRANGED FOR THE PHYSICIAN, TRAINED  
NURSE, AND HOME USE

BY  
HELENA V. SACHSE

*THIRD EDITION, REVISED AND ENLARGED*



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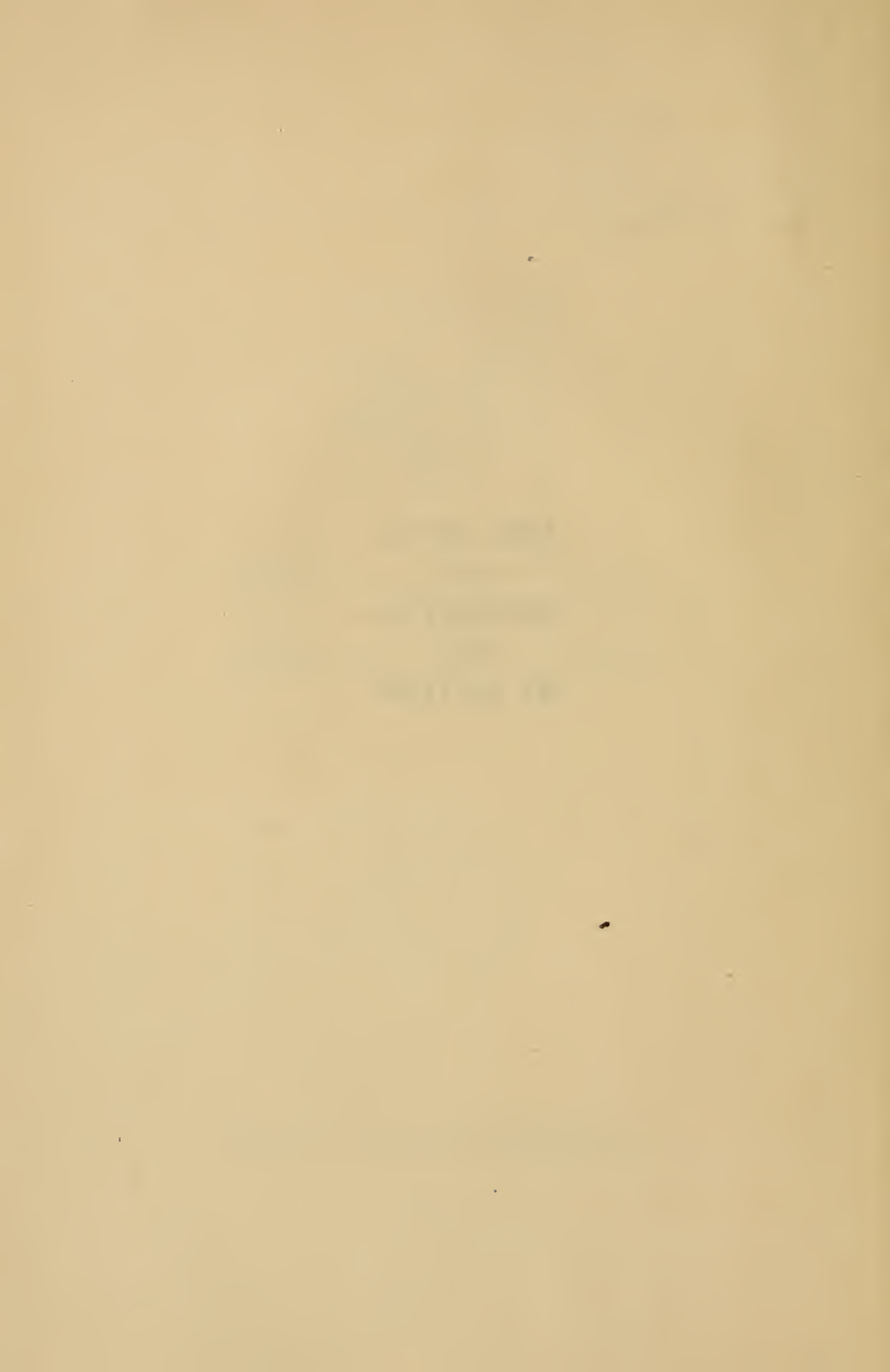
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THIS BOOK  
IS  
DEDICATED  
TO  
MY MOTHER



## PREFACE TO THE THIRD EDITION.



THIS edition contains a new chapter, treating of the "Substitutes for Cane-Sugar." It was with much hesitation that the author undertook this work, because of repeated failures which had attended previous attempts to obtain palatable results for more than a very limited number of dishes.

But the valuable suggestions which Dr. Judson Daland kindly furnished the author gave the encouragement which resulted in the recipes whereby soluble saccharin, with and without glycerin, may be substituted for cane-sugar sweetening in most all of the recipes in this book in which a sweetener is required.

The author hopes these recipes will prove satisfactory to the many people suffering from gout, gastrointestinal indigestion, hepatic disorders, diabetes, etc., for whom physicians have repeatedly asked that such recipes be incorporated in the book "How to Cook for the Sick and Convalescent."

This edition also explains a new way of albuminizing foods,—*i.e.*, adding whites of eggs to liquids,—especially in a concentrated form. This knowledge proves beneficial in many instances when a concentrated egg-water or fruit-juice is substituted for beef-juice and beef-tea, or used at alternate feedings.

The making of kumiss has also been elaborated upon, and each detail explained, so that this valuable milk food can be made accurately by any one.

HELENA SACHSE SADTLER.

PHILADELPHIA, January, 1905.



## PREFACE TO THE SECOND EDITION.



BESIDES adding seventy recipes to those contained in the first edition, the author, with the assistance of several prominent physicians, has given a complete classification of the recipes (or food formulas) contained in this volume from which to choose when arranging diet lists for general and specific purposes.

This volume aims to place the preparation of food on an accurate basis, just as medicine prescribed by the physician is prepared by skilled hands from standard formulas.

The author wishes to acknowledge her indebtedness especially to Judson Daland, M.D., and David Riesman, M.D., for their useful advice in reference to the classification of the foods and recipes, and also to Samuel S. Sadtler, B.S., for help in respect to the chemical composition of foods.

HELENA SACHSE SADTLER.

PHILADELPHIA, January, 1904.





## PREFACE TO THE FIRST EDITION.



THE careful preparation of food is now recognized to be of vital importance to an invalid and a valuable assistance, in many cases, to the physician in hastening the recovery of a patient.

If, in addition, the foods be classified with reference to their composition, it enables the physician to select only those best adapted for any special requirement.

The author has been frequently asked to bring these recipes together in book form, which has now been done, with the earnest hope that they may prove of assistance to the trained nurse or caretaker of the sick, which will be commensurate with the labor involved in the preparation of this little volume.

They have been arranged in such a way that the physician, in outlining a course of diet, may find them most useful and a source of ready reference, and that whatever food is ordered can be properly cooked.

Not only has the author carefully tried all the recipes here given, but they have been successfully used in six hospitals.

The following principles are strictly adhered to,—  
viz.:

1. Starchy foods require long cooking.
2. Albuminous foods, as eggs, oysters, etc., must be cooked at a low temperature, or they are rendered tough.

3. Fats in the form of butter and cream are best added after the food has been removed from the fire.

4. Where boiled milk is objected to, the milk is only heated to the pasteurizing point (165° F.).

5. When a restricted diet is ordered and starchy food is not allowed, the soups and sauces are thickened with yolks of eggs or Irish moss.

6. No fried foods should ever be given an invalid.

7. Give as much variety as possible.

8. Serve everything tasty, and use as little flavoring as possible, so that the flavor of the main food principle be not lost.

Garnish the dishes, but be sure they taste as good as they look.

Measure all ingredients carefully before mixing. Taste before serving. Serve hot foods hot (not lukewarm).

I wish to acknowledge my indebtedness to physicians, dietitians, and nurses from whom I have received considerable help, and especially from Dr. J. P. Crozer Griffith, Clinical Professor of Diseases of Children in the Hospital of the University of Pennsylvania, on the chapters treating of Infants' Foods; and to Dr. Henry Leffmann, Professor of Chemistry in the Woman's Medical College of Pennsylvania, for his help on the chapter relating to Milk; and to the many friends who have aided me in various ways towards bringing this work to completion.

H. V. SACHSE.

PHILADELPHIA, April 3, 1901.

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## Liquid Foods.

*Different Ways of serving Milk.*

Milk, pasteurized.	† Irish moss gruel.
Milk, sterilized.	† Milk punch.
Milk and Apollinaris water.	† Eggnog.
Milk and Vichy water.	† Soft custard.
Milk and Seltzer water.	† Cocoa.
Milk and lime-water.	Whey with rennet.
Milk and arrowroot-water.	Whey with wine.
Milk and rice-water.	Whey with pepsin.
Milk and oatmeal-water.	Whey, albumenized.
Milk and barley-water.	† Junket with white of egg.
Albumenized milk, or milk with white of egg.	Peptonized milk.
Modified milk.	Partially peptonized milk.
Modified milk, whey, and white of egg.	Peptonized modified milk.
Kumiss.	Peptonized milk punch.
Laban.	See also list of liquid milk foods to which cream may be added (under liquid foods containing fat).
† Plain junket.	(Page 29.)
† Milk jelly (Irish moss).	

*Liquid Meat Foods.*

Beef-juice.	Chicken-broth.
Beef-tea (red kind).	Chicken-jelly, plain.
Beef-tea (old-fashioned).	Chicken-jelly, albumenized.
Beef-tea, peptonized.	Chicken-jelly and Irish moss.
Beef-broth.	Chicken-jelly and gelatin.
Beef-juice, frozen.	Veal-broth.
Beef-tea, frozen.	Veal-jelly.
Consommé.	Veal consommé.
Bouillon.	Veal consommé with egg.
Beef-tea and egg.	Clam-broth.
Beef-jelly (gelatin).	Clam-juice.
Beef-jelly (Irish moss).	Clam-juice, frozen.
Mutton-juice.	Clam frappé.
Mutton-broth.	Oyster-broth.
Mutton-juice, frozen.	Calf's-foot jelly.

*Partially Digested Liquid Foods.*

Peptonized beef-tea.	† Junket.
Peptonized milk.	Kumiss.
Peptonized milk, partially.	Laban.
Peptonized modified milk.	Whey with rennet.
Peptonized milk, specially.	Whey with wine.
Peptonized gruel.	Whey with pepsin.
Peptonized milk-punch.	Modified milk, whey, and
Peptonized lemonade.	white of egg.
Peptonized milk-jelly.	

*Liquid Foods Frozen.*

Beef-tea, frozen.	† Ice-cream, plain.
Beef-juice, frozen.	† Ice-cream, chocolate.
Mutton-juice, frozen.	† Ice-cream, bisque.
Clam-juice, frozen.	† Orange ice.
† Whipped cream.	† Lemon ice.

*Liquid Foods with Egg, or Albumenized Liquid Food.*

Albumen-water.	† Egg punch.
Albumenized water, or egg-water.	† Eggnog.
	† Eggnog with whey.
Milk and white of egg.	† Egg lemonade.
† Junket and white of egg.	† Egg and sherry.
Consommé and egg.	Consommé and egg.
† Almond milk.	Beef-tea and egg.
Eggs served raw with cracked or shaved ice.	Albumenized jelly.
	Mulled wine.
† Eggs served raw with orange.	Mulled beer.
	Mulled ale.
Eggs served raw with wine.	Frozen beef-juice.
† Eggs with lemonade.	Frozen beef-tea.
Eggs with water.	Frozen mutton-juice.
Eggs with Apollinaris, etc.	

*Farinaceous or Starchy Liquid Foods.*

Toast-water.	Barley-water.
Rice-water.	Arrowroot-water.
Oatmeal-water.	† Crust coffee.

*Liquid Foods containing Much Fat.*

† Glass of cream.	† Ice-cream, chocolate.
† Whipped cream.	† Syllabub.
† Junket with cream.	† Gelatin cream.
† Frozen whipped cream.	See additional list under complete list of fatty foods.
† Eggnog II.	(Page 29.)
† Ice-cream.	

*Liquid Foods containing Alcoholic Stimulants.*

† Milk punch.	† Egg-punch.
† Eggnog I. and II.	Mulled wine.
† Cocoa cordial.	Mulled ale.
Whey with wine.	Mulled beer.
† Milk punch peptonized.	† Wine jelly.
† Almond milk.	† Wine soup (strained).
Sherry and egg.	Brandy and milk.
Raw egg and wine.	



**Liquids not containing Starch or Cane-Sugar.** (See pages 33 and 37.)

NOTE.—See also references to foods sweetened with soluble saccharin, either with or without glycerin or with levulose, pages 15-19.

**Complete List of Semisolid Foods.**

Milk or raisin porridge.	Water-toast.
Milk-toast.	† Panada (with crackers).
Milk-toast, peptonized.	† Panada (with zwieback).
Cream-toast.	

*Gruels.*

† Oatmeal.	† Barley.
† Oatmeal caudle.	Flour-ball.
† Indian meal.	† Banana.
† Cracker.	† Peptonized.
† Arrowroot.	† Egg.

*Soups without Milk.*

Beef purée.	Chicken-broth with rice or barley.
Beef-tea and sago.	Chicken and rice.
Turkish.	Chicken and tapioca.
Noodle.	Chicken and bread.
Consommé and egg.	Vegetable, pressed through a sieve.
Consommé royal.	Vermicelli.
Mutton-broth with rice or barley.	

*Soups, Purées, and Milk.*

Purées and cream.	Cream of sago.
Turkish.	Cream of tapioca.
Cream of oyster.	Cream of chestnuts.
Cream of clam.	Cream of corn.
Milk.	Cream of mushroom.
German milk.	Purée of peas.
Cream of chicken.	Purée of beans.
Cream of celery.	Purée of lentils.
Cream of oatmeal.	Purée of sweetbread.
Cream of rice.	Purée of chicken.

*Eggs.*

Served raw.	Gruel.
Steamed or frothed.	Vermicelli toast.
Soft cooked.	† Eggnog junket.
Poached.	† Chocolate.
† Soft custard.	

*Sweetbreads.*

Purée.	Timbale.
Panada.	Creamed.

*Oysters.*

Soup.	Peptonized.
Stewed.	

*Chicken.*

Purée.	Soup.
Panada.	Broth and rice, etc.
Jelly.	In jelly.

*Beef.*

Purée.	Raw (scraped).
Paste.	Jelly (tapioca).

*Desserts.*

† Junket dessert.	† Lemon pudding.
† Junket cocoa.	† Rice pudding.
† Junket and meringue.	Rice meringue.
† Junket custard.	Peach cream.
† Junket eggnog.	Peaches and tapioca.
† Soft custard.	Soufflé, prune.
† Cup custard.	Soufflé, banana.
† Rice custard.	Soufflé, plain.
† Chocolate custard.	Soufflé, apricot.
† Apple charlotte.	Soufflé, peach.
Apple float.	Sago and currant-jelly.
† Apple and tapioca (pulverized).	† Spanish cream.
† Arrowroot-pudding.	Tapioca and currant-jelly.
† Blanc mange.	† Tapioca-jelly.
† Charlotte russe.	† Tapioca charlotte.
Currant-jelly.	† Tapioca pudding.
Egg cream.	† Wine-jelly.
† Farina custard.	† Wine pudding.
† Floating island.	† Cornstarch custard with meringue.
† Syllabub.	† Cocoa pudding with meringue.
† French custard.	† Sago custard.
† Gelatin cream.	† Prune-jelly.
† Irish moss blanc mange.	† Chocolate ice-cream.
Lemon-butter.	† Bisque ice-cream.
† Lemon-jelly.	† Frozen custard.
† Lemon ice.	

Complete List\* of Recipes from which to choose  
when arranging Breakfast, Dinner, and Supper  
for an Invalid or Convalescent.

*Breakfast Foods or Cereals.*

† Oatmeal porridge.	† Cornmeal mush.
† Oatmeal-jelly.	Cornmeal spoon bread.
† Oatmeal, strained.	Cornmeal mush-bread gems.
† Rolled wheat porridges.	† Farina.
† Cracked wheat porridges.	† Hominy grits.
† Rice, boiled.	† Hominy vegetable pudding.
† Rice, browned.	† Farina vegetable pudding.
† Rice, flaked.	† Banana mush.
† Rice-jelly.	† Barley-jelly.

*Griddle Cakes.*

Rice.	Crumb.
Rice, flaked.	Cracker.
Hominy.	Corn.

*Egg Dishes.*

Eggs, steamed or frothed.	Omelet and tongue.
Eggs, soft-cooked.	Omelet and mushrooms.
Eggs, poached.	Omelet and parsley.
Eggs, scrambled.	Eggs, Spanish.
Eggs, Japanese.	Eggs, tomato.
Eggs, golden-rod.	Eggs, rice.
Eggs, baked.	Eggs, corn.
Eggs, shirred.	Eggs, bread.
Omelet, plain	Eggs, asparagus.
Omelet and chicken.	Eggs, oyster.



NOTE.—In marking the highly nitrogenous foods reference is made only to their composition in concentrated or dry condition. (a) indicates the highly nitrogenous, (b) the moderately so.

*Soups.*

Bouillon.	Vegetable.
Consommé.	Vegetable, strained.
Consommé royal.	Vermicelli.
Consommé with egg.	Chicken with rice.
Noodle.	Chicken-broth.
Tomato.	Clam-broth.
Tomato bouillon.	Oyster-broth.

*Purées and Cream.*

Purée of sweetbread.	Cream of peas.
Purée of chicken.	Cream of rice.
Purée of chestnut.	Cream of oatmeal.
Purée of peas.	Cream of sago.
Purée of beans.	Cream of tapioca.
Purée of lentils.	Cream of chestnuts.
Cream of celery.	Cream of corn.
Cream of chicken.	Cream of mushroom.
Cream of oyster.	Cream of German milk.
Cream of clam.	Cream of onion.
Cream of lettuce.	Turkish.

*Meats (red a\*).*

Beef, raw, scraped.	Beef, roast of.
Beef, raw, sandwiches.	Venison, broiled (a).
Beef, raw, balls.	Mutton-chops, broiled (a).
Beef, scraped, broiled.	Mutton, roast (a).
Beefsteak, broiled.	Mutton, boiled (a).
Beef, Hamburg steaks, broiled.	

*Birds served rare (a).*

Snipe.	Grouse.
Woodcock.	Quail.
Reedbird.	Duck.

*Meats, so-called White.*

Chicken, broiled, spring (a).	Chicken in jelly.
Chicken, roast.	Chicken in brown sauce.
Chicken, boiled.	Chicken, minced, on toast.
Chicken, scalloped.	Chicken and rice.
Chicken, devilled.	Chicken, cream breaded.
Chicken terrapin.	Chicken soufflé.
Chicken timbale.	Chicken <i>au suprême</i> .
Chicken and mushrooms.	Ham, boiled or baked.

*Birds served well-done.*

Squab.	Pheasants.
Partridge.	

*Sweetbreads (b).*

Broiled.	Sweetbreads and chicken.
Baked.	Salad.
Creamed.	Timbale.
<i>À la béchamel.</i>	Raw.

*Calf's Brains.*

Calf's brains and rice.	Calf's brains, <i>à la béchamel</i> .
Calf's brains and fish.	Calf's brains and chicken.
Calf's brains, baked.	Calf's brains, timbale.
Calf's brains, creamed.	Calf's brains, raw.

*Oysters (b).*

Raw.	Devilled.
Panned.	Key bobbed.
Broiled.	Stuffed.
Breaded.	Boiled.
Broiled on shell.	<i>À la Newburg.</i>
Fricassee.	In brown sauce.
Baked.	Cream breaded.
Scalloped.	



*Fish, Broiled, Planked, or Baked (b).*

Blue fish.	Shad.
Smelts.	Perch.
Trout.	Fresh mackerel.
Sea bass.	White fish.
Flounders.	Salmon steaks.

*Fish.*

Trout.	<i>À la béchamel.</i>
Flounders.	Fillets of fish.
Sea bass.	<i>À la crème.</i>
White fish.	Pudding.
Scalloped.	Salmon <i>à la crème.</i>
Timbale.	Devilled.
Creamed.	

*Vegetables (Green or Starch-free, Succulent).*

Asparagus.	Cucumbers.
Tomatoes.	Summer squash.
Cauliflower.	Scullions.
Cabbage.	Peppers.
Spinach.	Okra.
Onions.	String beans (young).
Mushrooms (b).	Butter beans.
Kale.	Artichokes.
Brussels sprouts.	

*Vegetables (starchy).*

Potatoes.	Chestnuts.
Rice.	Sweet potatoes.
Hominy.	Dried peas (b).
Vermicelli.	Dried beans (b).
Spaghetti.	Lentils (b).
Macaroni.	

*Vegetables containing but little Starch.*

Celery.	Corn.
Lima beans.	Peas.

*Salads with French Dressing.*

Lettuce.	Chopped tomato.
Water-cress.	Daisy.
Tomato.	Egg.
Asparagus.	Fringed celery.
Cabbage.	String bean.

*Salads with Mayonnaise.*

Tomato and celery.	Celery.
Chicken ( <i>b</i> ).	Lettuce.
Sweetbread ( <i>b</i> ).	Daisy.
Tomato.	

*Sandwiches.*

* Raw beef.	* Egg.
* Cold beef.	Cress.
* Hot roast beef.	Celery.
Chicken.	Fruit.
Chicken, creamed.	Lettuce.
Club.	Peanut-butter.
* Cheese.	

*Beverages.*

† Tea.	† Crust coffee.
† Coffee.	† Cambric tea.
† Cocoa.	† Cocoa cordial.

*Breads.*

White.	Graham popovers.
Whole wheat ( <i>b</i> ).	Whole wheat popovers ( <i>b</i> ).
Spoon bread ( <i>b</i> ).	Gluten popovers ( <i>b</i> ).
Mush-bread gems ( <i>b</i> ).	Almond ( <i>b</i> ).
Popovers.	

*Toasts.*

Gluten ( <i>b</i> ).	Crackers.
Popover.	Rolls.
Sippets.	Zwieback.
Pulled bread.	

*Mineral Waters.*

Apollinaris. Seltzer.  
Vichy.

*Desserts.*

† Junkets, plain.	† Custard with meringue.
† Junket with white of egg.	† with blanc mange.
† Junket with meringue.	† with lemon pudding.
† Junket custard.	† with chocolate corn- starch pudding.
† Junket cocoa.	† Cocoa pudding with me- ringue.
† Junket eggnog.	† Custard with meringue.
† Junket and cream.	† Wine pudding.
† Custards, soft ( <i>b</i> ).	Rotha gritza.
† Custard, cup ( <i>b</i> ).	Rotha gritza charlotte.
† Custard, French ( <i>b</i> ).	† Rice charlotte.
† Custard, junket.	Indian meal soufflé.
† Custard, rice.	Peach soufflé.
† Custard, farina.	Apricot soufflé.
† Custard, frozen ( <i>b</i> ).	Prune soufflé.
† Floating island ( <i>b</i> ).	Banana soufflé.
Egg cream ( <i>b</i> ).	† Rice pudding.
† Gelatin.	† Rice custards.
† Wine-jelly.	† Rice balls.
† Lemon-jelly.	† Rice meringue.
† Snow pudding.	† Rice charlotte.
† Charlotte russe.	† Rice, browned.
Cream.	Rice and apples (Holland style).
Fruit charlotte.	Rice and peaches (Holland style).
† Chocolate Bavarian cream.	† Tapioca and apples.
† Spanish cream.	† Tapioca pudding.
† Bisque charlotte russe.	† Sago and apples.
† Arrowroot pudding.	† Sago and baked apple.
† Cornstarch pudding.	† Sago custard.
† Tapioca and baked apples.	Sago and currant-jelly.
Tapioca and currant-jelly.	
Tapioca and peaches.	
† Tapioca-jelly.	
† Tapioca charlotte.	

*Cakes.*

Sponge.	Cream sponge.
Angel's food.	Sponge-cake croquettes.
Sunshine.	

*Frozen Desserts.*

† Whipped cream.	† Frozen custard.
† Ice-cream, plain.	† Lemon ice.
† Ice-cream, chocolate.	† Orange ice.
† Ice-cream, bisque.	Frozen fruits.

*Fresh Fruits.*

Sweet oranges.	Watermelon.
Juice of orange.	Canteloupes.
Apples.	Currants.
Pulp of apples scraped.	Currant-juice.
Peaches.	Raspberries.
Grapes, hot-house.	Juice of raspberries.
Grapes, Tokay.	Pears.
Grapes, Concord.	Plums.
Grapes, Nicaragua.	Green gages.
Grapes, white.	Blackberries.
Grape-juice.	Blackberry-juice.
Figs.	Huckleberries.
Dates.	Huckleberry-juice.
Cherries, Murillo.	Pineapple.
Cherries, Ox-heart.	Shaddock.
Strawberries.	Grape-fruit.

*Fruits cooked.*

† Apple sauce.	Peaches and rice.
† Apples, stewed.	† Peach sauce.
† Apples, baked.	Dates.
† Apples, steamed.	Prune-jelly.
Apples and rice (Holland style).	Prune soufflé.
† Peaches, stewed.	Stewed prunes.
	Cranberries.

*Whipped Cream.*

† Whipped cream, frozen.	† Spanish cream.
† Charlotte russe.	† Chocolate Bavarian cream.
† Bisque charlotte russe.	† Syllabub.
† Gelatin cream.	† Ice-cream.

**Complete List of Recipes containing much Fat.**

## LIQUID FOODS CONTAINING FAT.

Glass of cream.	† Eggnog II. (with whey and cream).
† Whipped cream.	† Chocolate ice-cream.
† Junket with cream.	† Syllabub.
† Ice-cream (plain).	† Gelatin cream.
† Frozen whipped cream.	

*Add from one teaspoonful to one-half cupful of either plain or whipped cream to each cupful of the following:*

Whey and white of egg.	Albumenized whey.
Whey (with pepsin or rennet).	Albumenized rice-water.
† Eggnog.	Albumenized arrowroot-water.
† Irish moss gruel.	Milk and arrowroot-water.
Milk.	Milk and oatmeal-water.
Milk, pasteurized.	Milk and rice-water.
Milk, sterilized.	Milk and white of egg.
Milk and Vichy water.	† Soft custard.
Milk and Seltzer water.	Barley-water.
Milk and Apollinaris water.	Rice-water.
Milk and lime-water.	Toast-water.
Milk, flavor changed.	Oatmeal-water.
† Milk-jelly (Irish moss).	Arrowroot-water.
† Milk-punch.	Albumenized barley-water.
† Milk-punch, peptonized.	Albumenized oatmeal-water.

## SEMISOLID FOODS (CONTAINING LARGE PERCENTAGE OF FAT).

*Add from one teaspoonful to one-fourth cupful of plain or whipped cream to each cupful of the following gruels and soups after they are removed from the fire.*

*Gruels.*

† Indian meal.	Flour-ball.
† Cracker.	† Racahout des Arabes.
† Egg.	† Banana.
† Arrowroot.	Milk-toast.
† Oatmeal.	† Panada (crackers).
† Barley.	† Panada (zwieback).

*Soups.*

Bread.	Cream of lettuce.
Chicken.	Cream of asparagus.
Turkish.	German milk.
Oyster.	Cream of rice.
Clam.	Cream of chicken.
Chicken panada.	Cream of sago.
Chicken purée.	Cream of tapioca.
Wine.	Chicken tapioca.
Cream of celery.	Milk or onion.
Cream of corn.	Mushroom.
Cream of pea.	Purée of chestnut.
Cream of lima bean.	Purée of pea.
Cream of spinach.	

## SOLID FOODS (CONTAINING LARGE PERCENTAGE OF FAT).

Bacon, broiled.	Beef-marrow.
Bacon, boiled.	Peanut-butter.
Bacon sandwiches.	Peanut sandwiches.

*Serve plain or whipped cream on such cereals or breakfast foods as:*

Oatmeal.	Oatmeal-jelly.
Oatmeal, strained.	Rice-jelly.
Cornmeal mush.	Barley-jelly.



Farina mush.	Banana mush.
Rice.	Browned rice.
Hominy grits.	

*Salads.*

With French or mayonnaise dressing.

*Sandwiches.*

Spread the bread, popovers, etc., thick with butter or Devonshire cream.

*Desserts.*

† Charlotte russe.	† Gelatin cream.
† Syllabub.	† Ice-creams.
† Bisque charlotte russe.	† Frozen whipped creams.

*Serve plain or whipped cream on the following desserts:*

† Junket dessert.	† Blanc mange.
† Custard junket.	† Chocolate pudding.
† Cocoa junket.	† Cocoa pudding.
† Eggnog junket.	† Tapioca-jelly.
† Junket with cream.	† Tapioca charlotte.
† Arrowroot pudding.	† Baked tapioca.
† Irish moss blanc mange.	Indian meal soufflé.
† Cup custards.	Peach soufflé.
† Chocolate custards.	Prune soufflé.
Toasted buns.	Apricot soufflé.
† Bread pudding.	Banana soufflé.
† Rice pudding.	Apple charlotte.
† Rice meringue.	German puffs.
† Rice custards.	Apple float.
† Rice charlotte.	† Apple and tapioca.
† Farina custards.	† Peaches and tapioca.
Rotha gritza.	† Peaches and sago.
Baked bananas.	Apples and rice (Holland style).
† Chocolate Bavarian cream.	Peaches and rice.
† Spanish cream.	† Sago custard.
Sponge-cake croquettes.	
† Junket with meringue.	

## Complete List of Recipes for Farinaceous or Starchy Foods.

### LIQUIDS.

Toast-water.	Barley-water.
Rice-water.	Arrowroot-water.
Oatmeal-water.	† Crust coffee.

### SEMISOLIDS.

#### *Gruels.*

† Indian meal.	† Barley-jelly.
† Cracker.	† Oatmeal-jelly.
† Arrowroot.	† Oatmeal caudle.
† Barley.	Milk-toast.
Flour-ball.	Water-toast.
Banana.	† Panada.
Peptonized.	Cream-toast.

#### *Hygienic Griddle Cakes.*

Rice.	Bread.
Hominy.	Cracker.
Corn.	

#### *Soups.*

Bread.	Purée of chestnuts.
Oatmeal.	Purée of peas.
Cream of rice.	Purée of beans.
Cream of sago.	Purée of lentils.
Cream of tapioca.	Purée of corn.

#### *Breakfast Foods or Cereals.*

Oatmeal porridge.	Cornmeal mush.
Oatmeal-jelly.	Cornmeal spoon bread.
Oatmeal, strained.	Cornmeal mush bread gems.
Rolled wheat porridges.	Farina.
Cracked wheat porridges.	Hominy grits.
Rice, boiled.	Banana mush.



Rice, browned.	Barley-jelly.
Rice, flaked.	Farina vegetable pudding.
Rice-jelly.	Hominy vegetable pudding.

*Vegetables.*

Potatoes.	Potatoes, grilled.
Potatoes, baked.	Potatoes, creamed.
Potatoes, mashed.	Potatoes, stuffed.
Potato puff or soufflé.	Potatoes, baked, mashed.
Potatoes, scalloped.	See vegetables (starchy), page 23.

*Desserts.*

† Rice and apples.	Tapioca and currant-jelly.
† Rice and cream.	† Tapioca and apples.
† Rice pudding.	† Sago and apples.
† Rice meringue.	Sago and currant-jelly.
† Rice custards.	Sago custard.
† Rice balls.	Indian meal soufflé.
† Rice charlotte.	† Farina custards.
† Tapioca.	† Bread pudding.
† Tapioca custards.	Bread, French toast.
† Tapioca-jelly.	

## Complete List of Recipes not containing Starch or Cane-Sugar.

*LIQUID.*

Milk.	Milk, sterilized.
Milk, pasteurized.	Milk, peptonized.
Milk, partially peptonized.	Milk, modified and peptonized.
Milk and Vichy water.	Milk and white of egg.
Milk and Seltzer water.	Laban.
Milk and Apollinaris water.	Whey.
Milk and lime-water.	Whey and white of egg.
Milk, flavor changed.	
Milk, modified.	

Also recipes marked (†), pp. 17-33.

*Liquid Foods.*

Eggs served raw with shaved ice.	Mutton-broth (without grains).
Eggs and orange-juice.	Mutton-juice.
Eggs and wine.	Mutton-juice, frozen.
Eggs and Apollinaris.	Chicken-broth, plain.
Eggs and sherry.	Chicken-jelly, plain.
Albumen water, or egg-water.	Chicken-jelly, albumenized.
Beef-tea.	Chicken-jelly, gelatin.
Beef-tea and egg.	Oyster-broth.
Beef-juice.	Clam-broth.
Beef-tea, peptonized.	Clam-juice, frozen.
Beef-broth, plain.	Veal-jelly, plain.
Beef-jelly (gelatin).	Veal consommé.
Beef-juice, frozen.	Plain junket I. and II.
Beef-tea, frozen.	Cream.
Beef bouillon.	Whipped cream.
	Whipped cream, frozen.

## SEMISOLID FOODS.

Gluten gruel.	Irish moss gruel.
Irish moss.	Irish moss, chicken-jelly.
Irish moss, milk-jelly.	Irish moss thickening for soups and sauces.
Irish moss, beef-jelly.	
Irish moss, albumenized jelly.	

*Soups.*

Beef purée.	Consommé royal.
Chicken-broth croutons, egg.	Clam (egg thickening).
Consommé and egg.	Sweetbread purée II.
Oyster, or bisque of, thickened with yolks of eggs.	Spinach III.
Chicken purée II.	Lettuce III.
Cream of celery III. and IV.	Asparagus III.
Cream of tomato or mock bisque, using Irish moss thickening.	Cream of chicken III.
	Mushroom II.
	Milk or onion, using sauce III.

*Eggs.*

Soft cooked.	Scrambled eggs I. and II.
Poached (without toast).	(without toast).
Steamed or frothed I. or II.	Omelet, plain, Spanish, with
Sweetbreads, raw.	parsley, tomato, onion, with
Beef-paste.	asparagus tops, chicken,
Scrambled eggs with tomato.	tongue, and oysters.
Soft cooked eggs I. and II.	

*Fish.*

Baked.	<i>À la béchamel.</i>
Broiled.	<i>À la crème</i> (using sauce III.
Planked.	and omitting crumbs).
Boiled.	Salmon <i>à la crème.</i>
Fish, creamed (using cream	Fish, moulded.
sauce III.).	Brains and fish.
Smelts.	Calf's brains.
Fish pudding.	

*Oysters.*

Raw.	Creamed (using sauce III.).
Stewed I. (omitting the	Fricassee.
crackers).	<i>À la Newburg.</i>
Panned (omitting the toast).	Boiled.
Broiled.	Omelet.

*Sweetbreads.*

Broiled.	With chicken.
Baked.	Purée II.
Creamed (using cream sauce	Salad.
III.).	Raw.
<i>À la béchamel.</i>	

*Calf's Brains.*

Calf's brains, served the same as sweetbreads.

*Chicken.*

Spring chicken, broiled or	<i>Au suprême.</i>
smothered.	And mushrooms.
Roast.	Minced with poached egg
Boiled.	(using cream sauce III.).

Creamed (sauce III.).	In white jelly.
<i>À la béchamel.</i>	In clear jelly.
Terrapin.	

*Birds.*

Broiled, etc.	Snipe.
Squabs.	Woodcock.
Pheasants.	Reedbird.
Partridges.	Quail.

*Beef.*

Scraped.	Purée.
Steak, broiled.	Paste.
Roast.	Raw beef-balls.
Hamburg steaks.	

*Venison.*

Broiled.	Pan-broiled.
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*Mutton and Lamb.*

Chops, broiled.	Boiled mutton.
French chops, broiled.	Roast.

*Pork.*

Bacon, boiled.	Ham, boiled or baked.
Bacon, broiled.	

*Vegetables.*

Asparagus.	Cucumbers.
Celery (?).	Tomatoes, raw, panned, stewed, omelet.
Kale.	Sweet peppers.
Spinach.	Savoy cabbage.
Cabbage.	Jerusalem artichokes.
Brussels sprouts.	
Onions boiled and baked.	

Cream sauce for vegetables III. (thickened with yolks of eggs).

*Mushrooms.*

In a cream sauce (using sauce III.).	Baked. Soup II.
Broiled.	

*Salads.*

French and mayonnaise dressing.	Tomato.
Lettuce.	Chopped tomato.
Water-cress.	Egg.
Celery (?).	Cabbage.
Asparagus.	Chicken.
	Sweetbread.

*Sandwiches.*

Place any desired cold meat between two tender lettuce leaves (in place of the buttered bread), season, and serve with a little salad dressing.

*Sauces.*

White or Cream III. and IV.	Parsley.
Onion.	Egg.
Tomato IV.	Mushroom.

*Gluten Foods.<sup>1</sup>*

Mush I. and II.	Wafers.
Gruel.	Gluten bread.
Popovers I. and II.	Mush bread.
Gems.	Biscuits.
Toast.	Gluten dessert.
Zwieback.	

*Cooked Fruits.*

Omit the sugar,<sup>2</sup> then follow recipes for apple sauce, stewed apples, baked apples, steamed apples, raw peaches, stewed peaches, peach sauce, prunes, dates, cranberry sauce (page 312), and grape-juice (see pages 288-291, 306, 307, 311).

*Desserts.*

Plain junket I. and II.	Plain ice-cream.
Plain Irish moss blanc mange.	Ripe fruits (?).

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<sup>1</sup> Gluten flour contains from fifty to sixty per cent. as much starch as ordinary bread flour.

<sup>2</sup> See foot-note 3, page 38.

Desserts not containing Starch, but a Small Amount  
of Cane-Sugar.<sup>3</sup>

Custard junket I. and II.	Baked apples I.
Eggnog junket.	Syllabub.
Junket with cream.	Apricot soufflé.
Junket with meringue.	Prune-jelly.
Irish moss blanc mange I. and II.	Wine-jelly.
Lemon-jelly.	Lemon-jelly.
Egg custard.	Snow pudding.
French custard.	Gelatin cream.
Cup custard.	Fruit charlotte.
Floating island.	Spanish cream.
Egg cream or lemon butter.	Calf's-foot jelly.
Plain soufflé I.	Whipped cream.
Peach soufflé.	Plain ice-cream.
Prune soufflé.	Flavored ice-cream.
Apple charlotte. <sup>4</sup>	Frozen custard.
Apple float. <sup>4</sup>	Lemon ice.
Cut peaches.	Orange ice.
Peach cream.	Frozen fruits.

*Pudding Sauces.*

Soft custard.	Wine.
Cream.	Lemon sauce I. and II.
Peach.	

**Raw-Meat Foods.**

Scraped beef.	Raw oysters (salt water).
Raw-beef paste.	Sweetbreads, served raw.
Raw-beef balls.	Calf's brains, served raw, same as sweetbreads.
Raw-beef sandwiches.	

<sup>3</sup> Soluble saccharin (crystallose, garantose (crystals), or prepared tablets) may be substituted for the sugar (see pages 288-316).

<sup>4</sup> Apples contain small percentage of starch.



*Those not heated above Pasteurizing Temperature.*

Beef-juice.	Mutton-juice, frozen.
Beef-juice, frozen.	Beef-tea I.
Mutton-juice.	

**Foods Rich in Phosphorus.**

Calf's brains.	Wheat (particularly whole wheat or bran).
Eggs.	Sweetbreads.
Fish.	
Milk.	

**Foods Rich in Iron.**

Egg yolks.	Spinach.
Bullock's blood.	Strawberries.
Raw red meat.	Apples.
Peas.	Beans.
Lentils.	Wheat and oats.

**Measurements.**

- One cup equals one-half pint.
- One fluidounce equals two tablespoonfuls.
- One tablespoonful—*i.e.*, rounded—equals two level tablespoonfuls.
- One teaspoonful—*i.e.*, rounded—equals two level teaspoonfuls.
- Two teaspoonfuls—*i.e.*, rounded—equal one tablespoonful.
- One-eighth box of gelatin equals one level teaspoonful.
- One pound of beef equals one pint of finely chopped beef.
- One tablespoonful—*i.e.*, rounded—of butter equals one ounce.
- One cup of sugar equals one-half pound.
- One cup of flour equals one-fourth pound.
- One-half cup equals one gill.

## THE SETTING OF A TRAY AND SERVING.

This should be finished before the meal is ready to be served, and plates or serving dishes warmed. It is not only necessary for the tray to be daintily set, but the dishes should be so arranged that the patient can eat with as much comfort as possible.

Be sure and serve the cold foods *cold* and the hot foods *hot* (not lukewarm), and, if it is necessary to carry them a distance, cover them with a heated bowl or deep saucer; or, in some instances (especially in cold weather), a small alcohol lamp and saucepan will prove of assistance if kept in an adjoining room or hall for reheating.

## NECESSARY COOKING UTENSILS.

Two measuring cups (each one-half pint), using one for liquids and one for dry ingredients.

Two tablespoons.

Two teaspoons.

One spatula or limber knife.

One small knife (French boning knife) with blade about three inches long.

A thermometer, such as is used for milk.

A wire egg-beater or whip.

Wooden spoons or paddles for mixing and stirring.

A sieve.

Squares of gauze or cheesecloth to line the sieve when necessary.

A round omelet-pan.

A sauce-pan (small size).

Double boiler.

A broiler.

Two mixing bowls.

A meat-board.

Meat-press.

Alcohol lamp or small stove.



# HOW TO COOK FOR THE SICK AND CONVALESCENT.



## MEAT PREPARATIONS.

### Beef-Juice I.

SELECT a piece of raw beef (preferably) from off the round. Have it cut about one or one and a half inches in thickness. Remove all the surrounding fat. Broil<sup>1</sup> quickly until it is just heated through. Cut into small pieces.<sup>2</sup> Squeeze out the juice with a meat-press or lemon-squeezer<sup>3</sup> (having previously plunged into boiling water all the parts of the press that will touch the meat), pouring the juice into a heated cup or bowl. The cup or bowl may be kept warm in a larger vessel containing warm water. Remove any globules of fat. Season lightly with salt.<sup>4</sup>

Serve plain, diluted with an equal quantity of warm

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<sup>1</sup> If you are unable to have a fire suitable for broiling, the meat may be pan broiled.

<sup>2</sup> When cutting the meat it should be placed on a warm board, wooden bowl, or plate. If kept warm it is easier to express the juice.

<sup>3</sup> The lemon-squeezer referred to is one with two long handles.

<sup>4</sup> If desired, celery salt may also be used in the seasoning, by way of variety.

(not boiling) water, or pour the beef-juice over toast, crumbs of toast, or pulled bread. (See also page 282.)

*To Remove the Fat.*—Strain the juice through two thicknesses of cheese-cloth that have been wrung out in cold water.

*Or*, use dry crusts of bread, absorbent cotton, tissue or plain paper, just touching each globule of fat, and it will readily be absorbed.

*Or*, if allowed to cool, they may be easily skimmed off.

*To Reheat Beef-Juice.*—Pour the desired quantity into a cup and place it in a saucepan containing a little warm water. Bring the water to a temperature of about 160° F. Do not let it exceed that temperature, or brown flakes will begin to appear, showing that the albumen is coagulating.

### Beef-Juice II.

When a meat-press or lemon-squeezer is not obtainable, broil the beef and cut it into small pieces as directed in preceding recipe. Then place it in the centre of a piece of gauze or cheese-cloth (that has been wrung out in warm water), fold two sides over the beef and twist both ends in opposite directions. Serve as above.

### Beef-Juice III. (Cold Process).

One pound of beef.

One gill of cold water.

One-eighth level teaspoonful of salt.

Select beef from the tender side of the round, free it from fat, chop very fine or run it twice through

a meat-grinder. Place it with the water and salt in a jar<sup>5</sup> with a tight-fitting lid; shake well. Stand on the ice about six hours or overnight (when possible shake occasionally). Strain through muslin, twisting the ends in opposite directions. Season lightly, and serve cold or slightly warmed.

### Frozen Beef-Juice.

See page 273.

### Mutton-Juice.

Select mutton from the loin or leg, remove all surrounding fat. Then follow directions under Beef-Juice.

### Frozen Mutton-Juice.

Freeze the same as beef-juice, page 273.

### Beef-Tea I.

One pound<sup>6</sup> of lean beef.

One pint of cold water.

White of an egg.

One-eighth teaspoonful of salt.

Take a piece of beef from the round and free it from fat and gristle. Run twice through a meat-chopper (or chop very fine). Cover with cold water; stir well with a wooden spoon, and stand in a cool place for at least two hours. (Best put meat and water in a covered jar while soaking.)

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<sup>5</sup> To be sure the jar is perfectly clean it should be sterilized and then cooled. (See foot-note, page 56.)

<sup>6</sup> One pound of beef will measure about one pint when ground or chopped fine.

Now place it over the fire and stir constantly until it reaches 160° F. Strain through a coarse strainer. To clarify, slightly beat the white of egg with a tablespoonful of water and add it to the tea, return it to the fire for a few minutes until the egg is coagulated. Strain again through two thicknesses of cheese-cloth (that have been wrung out in ice-water), add the salt, cool, and put at once into a cold place. Reheat over hot water, but do not let it exceed a temperature of 160° F. In color it should resemble port-wine.

To change the flavor, soak with the beef either a sprig of parsley, celery, one-eighth teaspoonful of celery-seed, or a blade of mace.

If more nutriment is desired, add the white of one or two eggs when the tea is cold. Follow directions given under egg-water or albumen-water, page 72. Strain only if necessary and reheat to a temperature not exceeding 130° F., as this time the white of the egg must not coagulate.

(See also Dried Albumen, page 81.)

**Beef-Tea I (Jelly).** (See page 282.)

**Beef-Tea II. (Old-fashioned Method).**

One pound of lean beef.

One quart of cold water.

One-fourth teaspoonful of salt.

Cut the meat into small pieces; place in a double boiler and cover with cold water. Fill the lower half of the boiler with cold water. Place all over a slow

fire and cook for two hours or more ; stir frequently. Strain, season with salt, when possible allow it to cool,<sup>7</sup> skim off all globules of fat, reheat, and serve in a heated bowl with well-made toast, pulled bread, or sippets.

If the meat is run through a meat-chopper before adding the cold water, much less time will be required for the cooking. It may also be whisked with an egg-beater to help wash out the juice, etc.

(See preceding recipe for changing the flavor of the "Tea" and adding more nutriment.)

### Beef-Tea and Yolk of Egg.

Beat the yolk of an egg until light, put it in the serving bowl, and gradually add a cup of hot beef-tea, beating all the while. Serve at once.

### Beef-Tea and Sago.

One-half pint of beef-tea.

One ounce of sago (pearl).

One-half pint of water.

Yolks of two eggs.

One-eighth level teaspoonful of salt.

Wash the sago, then soak it in the water for half an hour. Cook it in a double boiler one hour, or until clear. Add the salt, yolks of eggs lightly beaten, and the beef-tea. Serve hot.

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<sup>7</sup> If needed immediately and there is any fat floating on the top, see directions under Beef-Juice for removing it.



**Frozen Beef-Tea.**

See page 272.

**Scraped Beef.**

Select beef from the tender side of the round and have it cut into thin slices. Place on a board and scrape it lightly with a sharp knife, first on one side, then on the other, turning often until the meat is separated from the tough, stringy fibre. If desired very fine, rub it through a fine sieve.

**Beef Purée.**

Prepare the desired quantity of beef as directed under Scraped Beef. Measure the beef and add double the quantity of cold water, and beat with a silver fork until quite smooth. Cook slowly in a double boiler (or over hot water), stirring constantly with a wooden spoon until it changes color and is thoroughly heated. Remove from the fire, season lightly with salt, and serve in a heated cup. If desired, serve with it any form of toast.

In prolonged feeding, the flavor may be varied by adding celery salt, a few drops of onion-juice, or cooking a sprig of parsley or a few tops of celery with the meat and removing them before serving.

**Beef Paste.**

Follow preceding recipe, using less water (about one-half the quantity).

**Raw-Beef Paste.**

Scrape the desired quantity of beef; gradually add a little water, beating all the while (with a silver

fork) until it is the consistency of thick cream. Rub through a sieve if desired finer, and season lightly with salt.

### **Raw-Beef Balls.**

Scrape meat as directed under Scraped Beef. Season lightly with salt, and form lightly into tiny balls. Serve on a lettuce-leaf, or, if allowable, roll each ball in a small tender leaf that has been covered with a French salad dressing. When allowed by the physician, the balls are more sightly if they are continually tossed or rolled about in a moderately hot pan until the outside is a light brown. Great care must be exercised that the outside is not cooked hard in any place.

### **Raw-Beef Sandwiches.**

Prepare beef as directed under Scraped Beef. Season lightly with salt, and place a layer between two thinly cut slices of bread (that have been buttered or not as desired).

*Or*, if toast is desired, spread freshly made sippets with the beef. (For variations of sandwiches, see page 201.)

### **Beef-Broth.**

One pound of lean beef.

A piece of bone from the shin of beef.

One-half teaspoonful of salt.

One quart of cold water.

Cut the meat into small pieces, crack the bone, and put all in a kettle and cover with the cold water. Bring slowly to a boil, then simmer two hours or more until reduced to one pint of liquid. Strain, season



with salt, and cool quickly. When cold, remove the fat from the top.<sup>8</sup> Reheat and serve with croutons or pulled bread.

The broth may be flavored with a sprig of parsley, a few tops of celery, or one-eighth teaspoonful of celery-seed, to be added one-half hour before removing the broth from the fire.

If more nutriment is desired, to each quart of water add one-tablespoonful of rice, barley, wheat, tapioca, sago, or a slice of toast when the broth is first put on the fire to cook. They will then be thoroughly dissolved in the broth and add to its flavor and consistency.

This broth may be made in a shorter time if the beef is run through a meat-chopper, as only an hour will then be required for simmering.

### Chicken-Broth I.

Select an old chicken, singe, wash, and draw it. Cut off the dark meat in thin slashes, crack the bones, and cover with three quarts of cold water. Bring slowly to a boil, then simmer several hours, or until the liquid is reduced one-half. Add a teaspoonful of salt. Strain and cool quickly. When cold, remove

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<sup>8</sup> If the broth is desired immediately, the fat may be removed by straining through two thicknesses of gauze or cheese-cloth that have been wrung out in ice-water, or use crusts of bread, absorbent cotton, tissue or unsized paper, just touching the globules of fat, when they will be absorbed. However, it is better (when possible) to make the broth ahead of time, allowing it to cool, and then removing the fat before reheating.

the fat from the top. Reheat and serve in a hot cup with a toasted cracker or sippets.

If desired more tasty, add celery, celery-seed, a sprig of parsley, or a slice of onion, a half-hour before removing it from the fire.

If more nutriment is required, add a tablespoonful of rice, sago, or tapioca, or a slice of bread, to the chicken and water when placing it on the fire.

### **Chicken-Broth II.**

The water in which a chicken has been boiled is sometimes substituted for chicken-broth. The flavorings or grains may be added as directed in preceding recipe. (See Boiled Chicken, page 160, also Chicken Stock, page 93.)

### **Mutton-Broth.**

Select a neck of mutton; remove skin; wipe carefully with a damp cloth. Cut into small pieces. Put in a soup-kettle and cover with cold water. Bring slowly to boiling and skim. Now simmer about three hours. Strain, season with salt, and cool quickly. When cold remove all the fat. Reheat and serve.

Rice or barley may be added when the broth is first put on the fire, allowing one tablespoonful of either to each quart of water.

A bay-leaf, one-eighth teaspoonful of celery-seed, or chopped celery-tops may be added one-half hour before removing from the fire.

### **Oyster-Broth I.**

Eight fresh oysters.

One cup of cold water.

A few grains of salt.

Drain and quickly wash the oysters with cold water. Chop or cut them fine with a silver knife. Put them into a saucepan with the cup of cold water and bring slowly to the boiling-point, stirring frequently; then simmer gently about five minutes, strain, add salt, and serve in a heated bowl with dry toast, pulled bread, or toasted crackers. Add a dash of pepper, and a small piece of butter may be added if desired.

### Oyster-Broth II. (with Milk).

Follow preceding recipe, using one-half cup of water, and just before serving add one-half cup of milk. Stir until thoroughly heated. Do not boil or it will have a curdled appearance.

The yolk of an egg may be beaten and added a few minutes before removing it from the fire.

### Clam-Broth or Bouillon I.

Six clams in their shells.

One cup of cold water.

Thoroughly scrub the shells, place them in a small saucepan, and pour over them the cup of water. Bring slowly to boiling-point, or until the shells open. Strain immediately through two thicknesses of cheese-cloth. Dilute to taste with warm water. Serve hot or cold.

### Clam-Broth or Bouillon II.

Six clams.

One cup of cold water.

Drain the clams (saving the juice) and chop them very fine. Place them in a small saucepan with their

own juice and the cold water. Bring slowly to a boil, stirring frequently, then simmer about five minutes. Skim carefully. Strain through two thicknesses of cheese-cloth. Dilute to taste with warm water. Serve hot or cold.

### **Clam Broth, Frozen, or Clam-Frappé.**

Follow directions for Frozen Beef-Juice, substituting one cup of clam-broth or bouillon for the one cup of beef-tea.

### **Meat-Jellies.**

These may be made in several different ways,—namely, with chicken bones, knuckle of veal, gelatin, Irish moss, or pulverized tapioca.

When a broth is ordered cold or in a solid form, chicken, veal, or gelatin is used, and when more nutriment is desired, it may be made with Irish moss (see page 52) or pulverized tapioca or albumenized.

The broths used in making a jelly must be well made and flavored or the jelly will taste flat.

### **Beef-Tea Jelly (See page 282).**

#### **Beef-Jelly (with Gelatin).**

Three-fourths of a cup of beef-broth.

One level teaspoonful of granulated gelatin.

Choose well-flavored beef-broth. Cover the gelatin with a tablespoonful of the broth. Heat the rest of it, then add it to the gelatin. Stir until the gelatin is dissolved. Strain through gauze or a very fine strainer. Pour into a mould or serving dish and stand near the ice until it becomes a jelly. This will

require at least an hour. Serve plain or on a lettuce-leaf.

When adding the gelatin a few drops of lemon-juice may be added if desired.

### **Chicken-Jelly (with Gelatin).**

Three-fourths of a cup of chicken-broth.

One level teaspoonful of granulated gelatin.

Follow directions in preceding recipe. (See also page 282.)

### **Beef-Jelly (with Irish Moss).**

One-eighth cup of Irish moss.

One cup of beef-broth (well flavored).

Soak the moss in lukewarm water for ten minutes, then wash each piece thoroughly in cold water, drain, and cover it with the broth (which has been clarified or poured through a fine strainer). Let it soak twenty minutes or more. Then slowly heat, stirring all the while, and simmer ten minutes.

Strain through a fine sieve, pressing through as much of the moss as possible. Stand in a cool place to harden. Serve on a lettuce-leaf or plate.

If desired, a few drops of lemon-juice may be added before it is cooled.

### **Chicken-Jelly (with Irish Moss).**

One-eighth cup of Irish moss.

One cup of chicken-broth.

Follow directions in preceding recipe.



**Chicken-Jelly (with Tapioca).**

One-fourth of a cup of pulverized tapioca.

One cup of chicken stock.

Salt to taste.

Put the tapioca in a small saucepan, add the stock slowly, stirring all the while. Cook until very clear (about five minutes). Season, and pour into moulds or a serving dish to harden. Stand near the ice. Serve plain or on a lettuce-leaf. If desired, a few drops of lemon-juice may be added just before removing it from the fire.

**Beef-Jelly (with Tapioca).**

One cup of beef-broth.

One-fourth of a cup of pulverized tapioca.

Salt to taste.

Clarify or pour the broth through a very fine strainer, then follow directions in preceding recipe.

**Albumenized Jelly or Jelly with White of Egg.**

Make a cup of beef- or chicken-jelly with Irish moss, gelatin, or tapioca, as directed, and as you remove it from the fire stir it into the well-beaten white of one egg. Stand away to jelly, and serve as directed in preceding recipes.

**Chicken-Jelly (Plain).**

Select a full-grown chicken, singe, wash, and draw it. Remove the breast meat and put it aside for other

dishes. Disjoint the chicken, cut off the meat in small pieces from the bones. Crack the bones, and place all in a soup-kettle. Cover with three quarts of cold water. Simmer gently about three hours, or until the liquid is reduced to one and a half quarts. Add one teaspoonful of salt, one-fourth teaspoonful of celery-seed or a cup of chopped celery-tops, a sprig of parsley, and a small slice of onion if desired. Then simmer a half-hour longer. Remove from the fire, strain, and cool quickly. When perfectly cold remove the fat from the top and the sediment from the bottom.

*To Clarify.*—Heat the jelly and add the slightly beaten white of one egg. Bring all to a boil, and continue boiling a few minutes, then strain through two thicknesses of gauze or cheese-cloth. Turn into small moulds or a serving dish and stand in a cold place to form a jelly. Serve on a lettuce-leaf or dainty plate.

### Veal-Jelly.

Follow directions for white stock, page 94. When cold it forms a jelly.



### MILK.<sup>9</sup>

MILK is a food, not a beverage, and therefore should be taken slowly. In many cases it is also advisable that it be taken slightly warmed, as the stomach will then not be subjected to shock.

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<sup>9</sup> The Care and Feeding of Children, L. Emmett Holt, M.D.; The Care of the Baby, J. P. Crozer Griffith, M.D.; Pediatrics, T. M. Rotch, M.D.; Hygiene of the Nursery, Louis Starr, M.D.



Vary the monotony in prolonged feedings of milk (when allowed by the physician) by changing the flavor and taste, serving a plain junket or rennet, Leban, milk-jelly, kumiss, etc.

Milk is easily contaminated, and may be the means of transmitting many diseases, unless the *utmost cleanliness* is observed in its handling from the time it is taken from the cow until it is used by the individual.

It is also extremely necessary that it be kept in scrupulously clean vessels, and should always be kept closely covered (*i.e.*, air-tight), even that which has been pasteurized or sterilized, as it is then just as readily decomposed as before. Those methods only kill the microbes already in the milk and have no effect on any that might enter if the milk be left uncovered or poured into an unclean vessel.

Unless sure of its purity milk should be pasteurized. At this temperature, 155° to 167° F., the dangerous microbes are killed and the milk is still in a raw state, whereas boiled or sterilized milk is not, and is more difficult of digestion.

### Pasteurization of Milk.

An apparatus for this purpose can be readily purchased which facilitates the process, and is urgently advised for infant feeding, though it can be done with an ordinary boiler and the use of a thermometer, but it requires constant watching and the results are not so uniform. (See foot-note, page 62.)

When a "pasteurizer" is not obtainable proceed as follows:

Nearly fill sterilized<sup>10</sup> bottles with fresh milk and plug them with loose cotton (not absorbent). Place them in a bottle-rack or on a wooden rest in a boiler partly filled with cold water. By the aid of a thermometer bring the water surrounding the bottles to a temperature of 167° F. and keep it thereabouts for twenty minutes or more,—*i.e.*, do not let the temperature fall below 155° F. To do this remove milk from the fire when desired heat is reached, cover the boiler with a blanket, and keep in a warm place, and the temperature will fall but a few degrees.

If not used immediately, cool quickly by placing the bottles first in tepid water, then in cold water. Then keep the bottles of milk near the ice.

### Sterilization of Milk.

Follow directions for Pasteurization of Milk, keeping the water surrounding the bottles boiling for twenty minutes or longer.

### To Change the Flavor of Milk.

A grating of nutmeg, a blade of mace, or a few raisins (cut into pieces and seeds removed) may be added to the milk, and then carefully strained out before serving. This is sometimes advisable in prolonged feeding of milk or when the natural flavor is disagreeable to the patient.

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<sup>10</sup> To sterilize the bottles, thoroughly wash and rinse them, fill with cold water, place in the bottle-rack, in the boiler, and nearly fill the boiler with cool water. Cover, bring water to boiling, and continue to boil five minutes. Remove from the fire and drain.

**Milk and Lime-Water.**

Lime-water may be purchased at a drug-store or made at home. (See page 74.)

If the milk is desired hot, add the lime-water after it has been heated.

**Kefir** (See page 286).

**Bonny Clabber or Clabbered Milk.**

(See page 286.)

**Kumiss.**

Two quarts of milk.

Two tablespoonfuls of sugar (two ounces).

One-third of a yeast-cake (compressed).

Three tablespoonfuls of water.

Heat the milk to 100° F., or use pasteurized and cool to 100° F. Dissolve one-third of a yeast-cake in two tablespoonfuls of the milk. Boil sugar with three tablespoonfuls of cold water. Mix all together and bottle at once. Cork firmly and stand in a warm place (70° F.) overnight. Next morning place the bottles carefully on their sides in a cool place for twenty-four hours. Open with a champagne tap. (See also pages 283-285 for more explicit directions.)

**Leban or Leben.**

One quart of milk.

One tablespoonful of sour milk.

Place the milk in a double boiler. Bring the water in the under part to boiling and keep it so for a half-hour. Cool the milk, stir in the sour milk, breaking the skin (that has formed on top of the milk) as little

as possible, cover, and keep in a warm place (about 85° F.) for six hours or more until a jelly has formed. Unless used immediately, keep on ice. Remove the skin before serving. It may also be slightly beaten.

### Milk or Raisin Porridge.

Twelve large raisins.

One tablespoonful of cornstarch or arrowroot.

One pint of cold milk.

One piece of loaf-sugar.

Split the raisins into halves, and remove the seeds. Cover them with the milk, and cook twenty minutes in a double boiler at a temperature of 155° to 165° F. Moisten the arrowroot with a very little cold water, add to the milk, and cook until it thickens. Strain and pour over the piece of sugar.

### Plain Junket.

One cup of milk.

One-fourth of junket tablet.<sup>11</sup>

Dissolve the junket tablet in one teaspoonful of cold water. Heat the milk to blood heat, or 100° F. Stir in the dissolved rennet; pour into the serving dish or cup and stand in a warm place until congealed. Then cool.

A grating of nutmeg, a clove, a little mace, or three large raisins (cut into pieces and seeds re-

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<sup>11</sup> Rennet extract or essence of pepsin may also be used, following directions for quantity as specified on the bottle.

moved) may be added to the milk before heating, and strained out before adding the rennet.

The white of an egg may be beaten to a froth and stirred into the milk before it is heated.

### **Milk-Jelly (with Irish Moss).**

One-eighth cup of Irish moss.

One cup of milk.

Soak the moss in lukewarm water for ten minutes, then wash each piece separately and thoroughly in cold water; drain, cover with the milk, and soak about one-half hour. Then slowly heat (stirring all the while) until the milk is steaming hot. Then simmer ten minutes.

Strain through a fine sieve, pressing through as much of the moss as possible.

Pour into moulds or a dish and stand in a cold place to form a jelly.

### **Irish Moss Gruel.**

Follow directions for Milk-Jelly, serving it hot instead of cold.

If desired, the yolk of an egg may be slightly beaten and added a moment or so before serving.

### **Modified Milk.**

Cow's milk, the most generally used substitute food for infants, must be modified to have it resemble human milk as nearly as possible. The knowledge of the fact that nature intended cow's milk for the calf proves the necessity of its modification before it will properly nourish an infant.



The following are approximate analyses of the two fluids.

WOMAN'S MILK. (Rotch.)

Fat .....	4.0 per cent.
Proteids .....	1.55 "
Sugar .....	7.0 "
Mineral matter.....	0.2 "
Reaction .....	alkaline.
Bacteria .....	none.

Cow's MILK. (Leffmann.)

Fat .....	4.0 per cent.
Proteids .....	3.7 "
Sugar .....	4.8 "
Mineral matter.....	0.7 "
Reaction .....	acid.
Bacteria .....	present.

Human milk is very variable, especially in fat, and less so in proteids. In comparing the above analyses we see that cow's milk contains more proteids and salts, but less sugar. The proteids (principally casein) are also more coagulable<sup>12</sup> and difficult of digestion. Then cow's milk has an acid reaction and bacteria are present.

*To overcome these differences*, dilute the milk with water to get the proper proportion of casein, then add milk-sugar and fat in the form of cream.

The acidity is overcome by the addition of lime-

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<sup>12</sup> The difference is readily tested by adding rennet to the two fluids. The casein of the cow's milk will form a firm curd, while with the human milk a light loose curd is formed.

water, and the milk is pasteurized to overcome the danger from microbes.

The proportions must be given and controlled by the physician, according to the age, size, etc., of the infant, whether the milk is prepared at laboratories established for this purpose or at home.

### Home Modification of Milk (for Infants).

To facilitate the process and have the best results (which are the only safe ones) certain utensils should be purchased and kept *exclusively* for this purpose. These include:

A pasteurizer or sterilizer.

Eight feeding-bottles.

One eight-ounce graduated measuring-glass.

Funnel.

Two-quart saucepan (with lip for pouring).

Raw cotton.

Tablespoon.

Half-pint measuring cup.

Food-warmer.

Thermometer (dairy, registering about 180° F. or more).

Double boiler when cereals are used.

If a cereal water or jelly is ordered, have it cooked before beginning to modify the milk, as they require long cooking.

Also each bottle should be well rinsed or washed after each feeding, filled with water, and put aside until next morning.

Mix the milk as soon after it is received as possible.



Thoroughly wash the bottles with hot soapy water and a bottle brush. Rinse thoroughly (best under faucet or running water).

Place the bottles in the rack of the pasteurizer, fill, and surround them with cool water, bring to boiling, and continue to boil from five to twenty minutes, then drain. Dissolve the milk-sugar in hot water, then add the other ingredients. Stir until thoroughly mixed. Pour through the sieve into the feeding-bottles (dry the mouths of the bottles), plug with cotton (taking care it is also kept perfectly dry), then pasteurize (or sterilize).<sup>13</sup>

*Most Important Formula.*

Cream.	Top-milk.	Top-milk.	Cream.
Milk.	Water.	Whey.	Whey.
Water.	Sugar.	Water.	Water.
Sugar.	Lime-water.	Sugar.	Sugar.
Lime-water.			

A cereal water or cereal jelly may be added to any of the above.

The proportions will be given by the attending physician.

*Milk.*—Herd milk is preferable to that obtained from one cow, and should be procured from a reliable

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<sup>13</sup> To pasteurize, place the bottles in the rack, then in cool water, bring quickly to 167° F., and keep it between 155° and 167° F. from twenty to thirty minutes, or, *better*, bring the water around the bottles to a temperature of 170° F., and do not let it fall below 160° F. for twenty or thirty minutes. Cool gradually but quickly, then place near the ice until wanted for use.

dealer or farm. The milk should be unskimmed and kept in sealed jars or vessels.

*Whey* made with rennet or pepsin is sometimes substituted for the milk when the curd of the milk is not readily digested.

*Water*.—Use drinking water that has been boiled from two to five minutes.

*Cream*.—Cream procured by a centrifugal machine (such as is used in large dairies), skimmed cream, or top-milk are used.

The average “centrifugal” cream contains twenty per cent. fat, while the average cream obtained by skimming contains about sixteen per cent. The former is also more uniform.

*Top-milk*.—When top-milk is used, it is usually substituted for both the milk and the cream.

The average fat in top-milk is as follows:<sup>14</sup> On one quart of milk after standing four hours,—

Upper 4 ounces	=	20.5	per cent.	fat.
“ 6	“	=	16.0	“ “
“ 8	“	=	13.0	“ “
“ 11	“	=	10.0	“ “
“ 16	“	=	7.0	“ “

Siphon cream or top-milk may be obtained as follows:

Allow milk to stand in a glass jar or bottle (on ice) for four hours. Then fill a siphon<sup>15</sup> with boiled water; keep the long arm closed while inserting the

<sup>14</sup> L. Emmett Holt, M.D., New York Medical Journal.

<sup>15</sup> *Siphon*. A U-shaped tube, made of glass tubing, with one arm about eight inches long and the other arm twice this length.

short arm gently down to the bottom of the jar, allowing the milk to flow out of the long arm. Siphon off all but the number of ounces desired, according to the table given.

*To measure Number of Ounces.*—Take an empty jar or bottle (same as is used for the milk), pour in the desired number of ounces, then mark the line with a file or a label of paper and reserve for future use.

*Sugar.*—Milk-sugar (lactose) may be purchased at a drug-store and there divided into the small proportions desired, or measure by even teaspoonfuls or by means of a special one-half-ounce milk-sugar measure,<sup>16</sup> as follows: Fill the measure with milk-sugar, give it but two gentle taps, and with a knife or piece of stiff paper cut off all the sugar that remains above the level of the top.

Cane-sugar is sometimes used instead of the milk-sugar, but in smaller quantities (usually only one-half the amount of milk-sugar required is used).

*Lime-water* may be purchased at a drug-store or prepared at home as directed on page 74.

*Cereal Water or Jelly.*—Barley, oatmeal, and arrow-root are the cereals mostly used. Recipes will be found in another chapter.

They should be added while hot and then well mixed with an egg-whip.

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<sup>16</sup> This one-half-ounce milk-sugar measure may be purchased or made at home as follows: Secure a small powder- or pill-box, have one-half ounce of milk-sugar weighed by a druggist. Turn the sugar into the box, give the box two gentle taps (to level the sugar), then with a lead-pencil mark a rim the height of the sugar. Cut the box off at the mark and it is ready for future measurements.

**Modified Milk (Whey and White of Egg).**

Whey.

Cream or top-milk.

White of eggs.

Water.

Milk-sugar.

See page 73 for making whey with rennet or pepsin. Bring the whey to boiling, strain, add the milk-sugar. When dissolved, strain, and when cold add the other ingredients, including white of eggs. Shake gently in a jar, or stir until blended. Strain again, only if necessary to prevent nipple from clogging. If not used immediately, stand in a cold place. Heat to feeding temperature when wanted.

*Pasteurized.*—When this is desirable mix as above, omitting the white of egg, pasteurize, and cool the mixture, then add the white of egg just before each feeding.

The white of egg can be dissolved in the water or added to the whole mixture. The curd of the milk, which is often too difficult for the babe to digest when first starting on cow's milk, has been removed in this modification.

**Peptonized or Predigested Milk.**

See page 66.

### PEPTONIZED FOODS.<sup>17</sup>

PEPTONIZED foods comprise those digested or partly digested with pancreatic extract and baking soda (sodium bicarbonate). This combination is generally used, and may be purchased already prepared in a convenient form or put up at a drug-store in proportions desired.

#### Partially Peptonized Milk (especially adapted for Infants).

(Suggested by J. P. Crozer Griffith, M.D.)

Procure from the druggist powders each containing five grains of pancreatic extract and fifteen grains of baking soda (sodium bicarbonate). This is enough for one pint (sixteen fluidounces) of milk. Only peptonize enough milk for one feeding. Then use it immediately.

Ascertain the quantity of milk desired for the one feeding, and use the proportion of powder accordingly,—viz., four ounces (one gill) of milk will require one-fourth of the powder.

Place the powder in a clean bottle, add just a little cold drinking water, shake well, then add the milk, shake again. Place the bottle in water and heat slowly, taking five or six minutes to bring it to a temperature of 98° to 100° F. (or feeding temperature). Use immediately.

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<sup>17</sup> The Care and Feeding of Children, L. Emmett Holt, M.D.; The Care of the Baby, J. P. Crozer Griffith, M.D.; Hygiene of the Nursery, Louis Starr, M.D.



Milk so prepared has no bitter taste of the peptonizing agent.

### Peptonized Modified Milk.

As modified milk is diluted it will require less pancreatic extract and baking soda than whole milk, otherwise follow preceding directions,—viz., one pint of modified milk containing one-fourth cream and milk or top-milk will require one-fourth as much of the pancreatic extract and soda as required for one pint of whole or plain milk.

### Peptonized Milk.

Five grains of pancreatic extract.

Fifteen grains of baking soda (sodium bicarb.).

One pint of milk.

One gill of water.

Put the soda and extract into a clean jar or bottle, add the gill of cold water, shake well, then add the pint of milk, and shake the mixture again.

Place the jar or bottle in a large pitcher or pan containing water at a temperature of 115° F. (or as warm as the hand can be kept in it without discomfort). Leave it in the warm bath for ten minutes.

The milk should then be quickly cooled and placed on ice.

*Or*, at the end of the ten minutes, pour the milk into a saucepan and bring it quickly to boiling.

Either way the action of the ferment is checked. When boiled the ferment is destroyed. When cooled it is only checked until reheated or it enters the stomach, when it again becomes active.

In bringing peptonized milk to boiling it must be



remembered that the pancreatic extract will be active part of the time, and a more bitter taste will be developed than when first tasted.

If allowed by the physician, peptonized milk may be made agreeable to many patients by adding a grating of nutmeg, sugar, or brandy to taste.

It may also be taken with Apollinaris, Vichy, or Seltzer.

Pour the water into a glass, then quickly add the peptonized milk, and drink before effervescence is lost.

The nurse should invariably taste peptonized milk before giving it to a patient. In most cases the bitter taste must be avoided. When it occurs lessen the time of peptonizing until it can no longer be detected. No more milk should be peptonized than sufficient for one or two feedings.

#### Specially Peptonized Milk.

For all recipes where the milk is to be mixed with fruit-juices or acid.

Five grains of pancreatic extract.

Fifteen grains of baking soda (sodium bicarb.)

One pint of milk.

One gill of cold water.

Put the soda and extract into a clean jar or bottle, add the gill of cold water, shake well, then add the pint of milk and shake the mixture again.

Place the jar or bottle in a large pitcher or pan containing water at a temperature of 115° F. (or as warm as the hand can be kept in it without discomfort). Keep it in this warm bath for one hour.

Pour the milk into a saucepan and heat to boiling.

Use immediately or place on ice.

### Peptonized Gruel.

One-half pint of gruel.

One-half pint of milk.

Use any well-made gruel, add the milk, then proceed as directed for one-half pint of milk.

Keep the gruel in the warm-water bath five or six minutes if desired only partially peptonized and without a bitter taste, or thirty minutes if desired completely peptonized.

### Peptonized Milk with Porridge.

Pour "partially peptonized milk" over your porridge instead of ordinary milk.

### Peptonized Milk-Toast.

Pour hot milk over well-toasted bread, then mash this into a pulp.

Follow directions for Partially Peptonized Milk, substituting one pint of the milk-toast for one pint of milk.

If desired completely peptonized follow directions under Specially Peptonized Milk.

### Peptonized Beef-Tea.

One pint of beef-tea (made with finely chopped beef).

Fifteen grains of pancreatic extract.

Fifteen grains of baking soda.

Mix the extract and soda with a little cold water, add the beef-tea, place all in a jar and then into a water-bath of a temperature of 110° to 115° F., and

keep it at that temperature two and a half to three hours. Bring quickly to boiling.

The beef-tea may be strained or not as required. Season to taste with salt.

### Peptonized Oysters.

Six large oysters.

One-half pint of water.

One-half pint of milk.

Fifteen grains of pancreatic extract.

Fifteen grains of baking soda.

Place the oysters, their juice, and the water in a saucepan and boil several minutes, drain, chop the oysters *very fine* with a silver knife and fork. Put them with the oyster-broth into a glass jar. Mix the powder with a little cold water, then add to the oysters. Mix thoroughly. Put in a water-bath of about 115° F. and keep it at that temperature about one hour and a half. Then add the milk, pour all into a saucepan, and bring to boiling in five to six minutes. Season and serve.

### Peptonized Milk-Punch.

One tablespoonful of rum.

One cup of "specially" peptonized milk.

Two tablespoonfuls of finely crushed ice.

Place the ice and rum in a glass, then gradually add the milk, stirring all the while.

If desired, grate a little nutmeg over the top.

### Peptonized Lemonade.

One cup of cold "specially" peptonized milk.

Two tablespoonfuls of lemon-juice.

Three tablespoonfuls of sugar.

Mix the sugar and lemon-juice together, add the milk slowly; when well mixed, serve.

### Milk-Jelly.

One ounce (one-half box) of gelatin.

One gill of cold water.

One pint of "specially" peptonized milk.

One-half cup of sugar.

Juice of one lemon.

Juice of one orange.

Two tablespoonfuls of rum, sherry, or brandy.

Grated yellow rind of one-fourth of a lemon and an orange.

Cover the gelatin with the cold water and let stand until dissolved.

Heat the milk, add the sugar and flavorings. When well mixed add the gelatin. Strain, and when nearly cool pour into moulds or glasses and stand near ice.

Other foods may be peptonized; for example, peptonized milk may be substituted for plain milk in making most of the ordinary dishes in which milk is used.

### DRINKS.

UNDER this heading, the most important consideration is that of adding something to increase the nutritive value while allaying thirst.

When cereals are employed, they require thorough cooking and careful straining.

When albumen is used fresh eggs are required, the shells of which must be washed before they are opened. They should also be used as soon as possible after they are removed from their shells, as they are subject to decomposition when exposed to the air.

Believing the white of egg to be the purest form of uncooked albumen, it is a valuable way of giving a patient nourishment with different drinks. The presence of the egg albumen need not be disclosed to the patient, as the thought of a raw egg is usually distasteful. There are many ways of concealing the fact, and one can choose those best adapted for the requirements of the patient.

#### Albumenized Water, or Egg Water.

One-half pint of liquid.

Whites of one, two, three, or more eggs.

The liquid may be water, orange juice, lemonade, whey, beef-tea, toast-water, rice-water, etc.

Secure fresh eggs, place the whites only in a bowl. Heat about three tablespoonfuls of the liquid until lukewarm (not hot). Pour into the whites, beating all the while with a fork. Now add the remainder of the



liquid and strain through a coarse sieve. Put at once into a cold place if not used immediately. (See also page 287.)

### Albumenized Milk, or Milk with White of Egg.

Use cold milk or that which has been pasteurized and cooled to blood heat. Follow directions in preceding recipe, substituting a cup of milk for the water.

A grating of nutmeg may be added if desired.

### Plain Whey (with Rennet).

One pint of milk.

One-half rennet tablet or rennet extract.<sup>18</sup>

Dissolve the rennet in a teaspoonful of cold water. Heat the milk to blood heat, or 100° F. Add the dissolved tablet, and stand in a warm place until congealed. Break the curd with a fork and strain slowly. (See recipes for Lemonade, Albumenized Water, and Eggnog II.)

If desired to stop the action of the rennet (when the milk is thoroughly congealed), heat until boiling, then strain. This is usually required for infant feeding when used with cream.

### Whey (with Pepsin).

One-half pint of milk.

One teaspoonful of essence of pepsin.

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<sup>18</sup> The liquid extract of rennet differs in strength, so use the quantity designated on the bottle (enough to form a firm jelly).



Heat the milk to a temperature of about 115° F. (or never so hot that the finger cannot be kept in it with comfort). Gently stir in the pepsin. Let it stand in a warm place until it has formed a firm jelly, then stand in a cold place if not used immediately. Then beat with a fork until the curd is finely divided, then strain slowly. If desired to stop action of pepsin bring the jelly to boiling, then strain.

### **Wine Whey.**

Heat a cup of milk, and when it begins to steam add four tablespoonfuls of sherry wine. Bring to a boil. Strain carefully and slowly. Add a teaspoonful of sugar and serve.

The whey may also be made with lemon-juice instead of the wine.

### **Lime-Water.**

Place a piece of unslaked lime about the size of a walnut in an agate or earthenware vessel. Cover with as much water as desired (sterilized or rain water should be selected). Stir thoroughly, then stand aside to settle until clear. Use only the clear solution from the top. The water must be kept closely covered, as constituents of the air precipitate the lime.

### **Toast-Water.**

One slice of bread.

One cup of boiling water.

Toast the bread; pour over the boiling water; cover, and let stand thirty minutes. Strain and cool.

### Apple-Water I.

Bake one good-sized apple until tender, put in a bowl and cover with one pint of boiling water. Cover and let stand until the apple is cold; strain. If desired, sugar may be added.

### Apple-Water II.

Pare, core, and slice a well-flavored apple. Cover it with a pint of cold water. Bring slowly to a boil, then simmer until tender. Strain, and sweeten to taste. Serve hot or cold.

This recipe may also be used for peaches, French prunes, raisins, figs, etc.

### Apple-Water III.

Select a well-flavored apple. Pare and slice finely, cover with a half-pint of boiling water. Cover and let stand until the apple is cold. Strain, and sweeten slightly to taste.

### Currant-Water (from Fresh Fruit).

Thoroughly wash a pint of currants. Put them in a saucepan, and add a pint of cold water. Bring slowly to a boil, then simmer about five minutes. Strain through two thicknesses of gauze or cheesecloth. Cool and sweeten to taste. This may be diluted with water before serving if desired.

Raspberries and blackberries may be prepared in the same way.

### Currant-Jelly Water.

Dissolve one teaspoonful of currant-jelly in one cup (one-half pint) of boiling water. Serve cold.

Apollinaris or Seltzer water may also be used in the same way, by adding it to the currant-jelly which has been dissolved in a very little boiling water.

### A Glass of Cream.

Whip cold cream with an ordinary egg-beater until slightly frothed. Serve in a glass with toasted crackers or sippets.

### Rice-Water I. (for Infants).

Wash two tablespoonfuls of rice and cover it with one quart of cold water. Cook in a double boiler two hours, or until reduced to one pint. Strain, add one-eighth teaspoonful of salt, and serve hot or cold.

*For Adults.*—When allowed by the physician.

The flavor may be changed by cooking twelve raisins (cut into pieces and free from seeds) or grated yellow rind of one-eighth of a lemon with the rice.

If desired, one or two tablespoonfuls of sherry or port-wine may be added and then slightly sweetened.

It can also be albumenized or served in an eggnog or lemonade.

### Rice-Water II.

Follow recipe for Barley-Water II., using one tablespoonful of rice flour instead of barley flour.

### Oatmeal-Water I.

One level tablespoonful of powdered oatmeal.<sup>19</sup>

One pint boiling water.

A pinch of salt.

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<sup>19</sup> Powdered or Bethlehem oatmeal may be purchased at drug-stores and some of the larger grocery stores.

Moisten the oatmeal with a little cold water, stir into the boiling water, boil gently for thirty minutes, or cook in a double boiler, having the water in the under pan boiling all the time. Strain and it is ready for use.

### Oatmeal-Water II.

Add one tablespoonful of rolled oats or oatmeal and one-eighth teaspoonful of salt to one quart of boiling water and cook in a double boiler at least two hours. Strain and serve hot or cold. This will make about one pint.

### Barley-Water I. (for Infants).

One ounce (two teaspoonfuls) of pearl barley.

One-eighth teaspoonful of salt.

One quart of cold water.

Wash the barley; cover with cold water; bring to boiling and drain. Cover again with one quart of cold water. Bring to boiling and boil gently two hours, which will reduce it to about one pint. Strain the liquid through a fine sieve and add the salt. Stand in a cold place.

*For Adults.*—When not desired plain or used with milk a piece of loaf-sugar and a teaspoonful of lemon-juice may be added. The grated yellow rind of one-eighth of a lemon may be cooked with the barley to give it a zest. If a stimulant is ordered, add two tablespoonfuls of sherry or port-wine.

### Barley-Water II. (for Infants).

Moisten one tablespoonful of barley flour with a little cold water and stir into one quart of boiling water. Boil gently for twenty minutes with stirring,

or cook in a double boiler, having the water in the under part boiling all the time: Strain, and add one-eighth teaspoonful of salt.

See above recipe for adults if not desired plain.

### **Arrowroot-Water.**

One level tablespoonful of arrowroot.

One pint of boiling water.

Have the water boiling in a saucepan, and stir in the arrowroot, which has been mixed with a little cold water; boil five minutes.

### **Gum-Arabic Water.**

One-half pint of boiling water.

One teaspoonful of gum-arabic.

Dissolve the gum-arabic with the hot water. Serve plain or as a lemonade.

### **Lemonade.**

Mix thoroughly two tablespoonfuls of lemon-juice and the same quantity of granulated sugar; stir in slowly one cup of water (boiling preferred). Strain and serve cold.

Rice-water, barley-water, whey, or albumenized water may be substituted for the plain water.

If nutriment is desired, follow directions for Albumenized Water.

### **Hot Lemonade.**

Follow above recipe, using the water boiling hot. If desired, add a tablespoonful of whiskey and serve immediately.



### **Egg Lemonade.**

Beat one egg until very light. Add two tablespoonfuls of sugar and the same quantity of lemon-juice. Stir in slowly a cup of water. When well mixed, strain carefully and serve.

A grating of nutmeg may also be added.

### **Lemonade (with White of Egg).**

Make a cup of lemonade as directed above. Beat the white of an egg to a froth, slowly add a teaspoonful of powdered sugar and beat until quite stiff. Pour into it the lemonade. Whip lightly and allow part of the egg to come to the top. Serve in a glass with a spoon.

### **Irish Moss Tea or Hot Lemonade.**

One-eighth cup of Irish moss.

One cup of water.

Two tablespoonfuls of sugar.

Two tablespoonfuls of lemon-juice.

Soak the moss in lukewarm water ten minutes, then wash each piece thoroughly in cold water. Drain, and soak in the cup of water a half-hour. Heat slowly (stirring all the while) until the water steams, then simmer ten minutes.

Strain through a fine sieve, pressing through as much of the moss as possible. Stir in the sugar and lemon-juice. Reheat and serve hot.

### **Flaxseed-Tea.**

One teaspoonful of flaxseed.

One and a half cups of boiling water.



One teaspoonful of lemon-juice.

One teaspoonful of sugar.

Add the water to the flaxseed and simmer about an hour, drain, add the sugar and lemon-juice. Serve hot or cold.

### Eggnog I.

One egg.

One tablespoonful of sugar.

Grating of nutmeg.

One-half pint of milk (cold, or pasteurized and cooled).

One teaspoonful of brandy or tablespoonful of wine.

Separate the egg, beat the white to a stiff froth, and add the yolk. Beat again, add the milk, stir well, and strain. Add the sugar and nutmeg, then pour from one vessel to another several times. Add the stimulant and serve cold or lukewarm.

### Eggnog II.

One egg.

One tablespoonful of sugar.

One or two tablespoonfuls of cream.

One-half pint of cold water or whey.

Grating of nutmeg.

One teaspoonful of brandy or one tablespoonful of wine.

Separate the egg, beat the white to a stiff froth, add the yolk, and beat again. Add the water (or whey) and cream, strain carefully. Add the sugar and nut-

meg and pour from one vessel to another several times. Add wine or brandy and serve cold or lukewarm.

### Dried Albumen.

Scald a large china plate. When cool and dry, just cover the dish with the whites of fresh eggs. Stand this in a warm place (about 125° F.) until the water in the white of egg has evaporated and the albumen is dry. It should then look like pieces of gelatin. Break it apart and place in sterilized jars, cover tightly, and it is ready for immediate or future use.

It is easier, however, to add whites of eggs as directed under Egg Water, page 72.

It can be dissolved in any liquid, as beef-tea, milk, etc., and if not served cold, must not be heated beyond a temperature of 130° F. or it will begin to coagulate.

### Milk-Punch.

One cup of milk.

One teaspoonful of sugar.

Grating of nutmeg.

One tablespoonful of brandy or whiskey.

Mix all together thoroughly; either beat with an egg-beater until frothy or pour in a long stream from one vessel to another.

### Sherry and Egg.

Beat a fresh egg until light, add a teaspoonful of granulated sugar, and mix well. Slowly stir in four tablespoonfuls of cold water and two tablespoonfuls of sherry wine. Strain and serve immediately.

### Mulled Wine.

One-half pint of water.

One egg.

One-half cup of wine.

One teaspoonful of finely broken stick cinnamon.

One tablespoonful of sugar.

One whole clove.

Add the clove and cinnamon to the water, bring slowly to a boil, and steep ten minutes. Beat the egg until light and add the sugar. Add the wine to the water, and when hot, strain and pour slowly into the egg and sugar, beating all the while.

Beer and ale may be mulled in the same way.

### Water.

To remove the danger of disease germs in crowded or contaminated districts bring to a boil and continue to boil from five to twenty minutes. Pour immediately into sterilized bottles; plug with sterilized cotton. Cool and keep near or on the ice.

When making tea and coffee, it is most important that cold drinking water is brought to a boil quickly, as it soon becomes flat and insipid upon continued boiling.

### Tea.

One-half level teaspoonful of tea.

One cup or one-half pint of water.

Scald the pot and drain. Bring the cold water to boiling and pour immediately over the tea. Cover the pot for five minutes, and serve in a heated cup.

If not served immediately, remove the tea-leaves and keep warm below the boiling-point.

It must be remembered that "tannin," the objectionable ingredient of tea, is rendered soluble by boiling or long steeping.

### Cambric Tea.

Three-fourths cup of boiling water.

One-fourth cup of milk or cream.

Sugar to taste. Mix all thoroughly and serve immediately.

### Coffee (Pulverized).

One teaspoonful of pulverized coffee.

One-half pint of water.

Fill a cup with hot water. Boil fresh water five minutes and pour over the coffee immediately; let stand one minute. Drain the cup; half fill with scalded milk; pour in the coffee and serve.

If desired stronger, use more coffee. A French coffee-pot should be used. If not, put the coffee in an ordinary coffee-pot, pour on the boiling water, cover closely, and allow it to settle a few minutes.

### Coffee (Ground).

Two tablespoonfuls of coffee (freshly ground).

One-half cup of cold water.

One cup of boiling water.

Shell of one or two eggs.

Place the coffee, one-fourth of a cup of cold water, and crushed shell in a pot. Mix well, then pour over

the cup of boiling water. Slowly bring all just to a boil; add one-fourth of a cup of cold water and put it aside, about ten minutes, in a warm place to settle.

### Crust Coffee.

One or two slices of bread.

One cup of boiling water.

Two tablespoonfuls of cream or hot milk.

Sugar to taste if desired.

Use whole wheat, brown, Graham, or white bread. Toast until a dark brown (being careful it is not charred or burnt) pour over the boiling water, cover and let stand from twenty to thirty minutes. Strain, reheat, and serve with the cream or milk.

### Cocoa I.

One teaspoonful of cocoa.

One cup of boiling water.

One teaspoonful of sugar.

Put the cocoa in a saucepan, add the boiling water *slowly*, stirring until perfectly smooth; then boil several minutes. Add the sugar, and serve with scalded milk or whipped cream.

### Cocoa II.

One teaspoonful of cocoa.

Three-fourths cup of cold milk.

One teaspoonful of sugar.

One-fourth cup of boiling water.

Put the cocoa in a saucepan, add the boiling water *slowly*, stirring until perfectly smooth; then boil sev-

eral minutes. Add the milk and bring to boiling, stirring all the time. Add the sugar and serve in a heated cup.

### Cocoa Cordial.

One teaspoonful of cocoa.

One cup of boiling water.

Two tablespoonfuls of brandy or port wine.

Sugar to taste.

Put the cocoa in a saucepan, add the boiling water *slowly*, stirring until perfectly smooth; then boil several minutes. Add the sugar and brandy or wine. Serve immediately, sweetened as desired.

### Egg Chocolate.

One cup of hot cocoa.

One egg.

Make a cup of cocoa (with either milk or water). Separate the egg, beat the white to a stiff froth, add the yolk, and beat again. Slowly add the hot cocoa, beating all the while. Serve in a heated cup or chill near the ice and serve cold.



## TOASTS.

It is an art to make good toast and one worthy of practice. The object is to convert the starch into dextrin, giving the starch its first step in digestion and that agreeable flavor that is noticeable in the crusts of bread. This can only be accomplished by subjecting the bread to a high temperature after it has been thoroughly dried.

It also makes mastication absolutely necessary, which



is a great advantage, especially to invalids and children.

If the bread is browned at once on the outside the moisture is shut in the middle of the slice, which will prevent it from reaching a higher temperature than 212° F., whereas a temperature of about 400° F. is necessary to change it to dextrin.

Toast must, therefore, be crisp to the very centre and a golden brown. When properly made it can be easily broken, and is quickly moistened by the saliva.

When a soft toast is desirable, moisten the crisp toast by dipping it quickly into hot water, milk, or stock.

Toast should be served immediately from the fire; when this is not possible, cover with a napkin and keep in a warm place or it will become very hard. It must then be slowly reheated without further browning.

As toast is often the only form of bread allowed a patient, many varieties should be given, by changing the shape, thickness, etc.

Save all the trimmings from round toast, bread-boxes, etc., for bread-crumbs, scallop dishes, croutons, etc.

### To make Toast.

Cut the bread (preferably a day or so old) into even slices, one-fourth to one-half inch in thickness, remove the crust (or not, as desired).

Thoroughly dry in a moderate heat; either in the oven (leaving the door open), on a broiler, or on an asbestos mat on top of the stove. Then increase the heat, by means of a direct flame or by closing the oven door, until it quickly becomes a golden brown

(to the very centre). Serve warm. It is then crisp and easily eaten.

Bread cut into as thin slices as possible and then toasted quickly, but through to the very centre, is a dainty way of preparing toast.

When these thin slices of bread are cut into narrow strips they are called "Sippets."

When making toast on an alcohol stove or chafing-dish, use an asbestos mat and cut the bread very thin.

### Toasted Rolls.

With a fork break any desired roll into halves, then dry, and toast them as directed above.

The round, oblong, or horse-shoe roll may be used by way of variety.

### Pulled Bread.

When possible it is preferable to use Vienna or French loaves.

With a sharp knife remove all the crust from a loaf of bread, then with two forks separate the loaf into halves lengthwise, then into quarters, and so on until you have long irregular sticks about one inch in diameter. The crust should also be toasted.

Place the bread thus prepared in a baking-pan (best lined with a plain paper) and then in a slow oven (or if the oven is hot, leave the door open) until thoroughly dry to the very centre. Increase the heat until it becomes a golden brown. (See directions for Toast.)

This bread may now be kept in a dry place for several months or until used, but should be slowly reheated before serving.

### Toasted Bread-Boxes.

Cut a slice of bread two inches in thickness, then cut out a block two inches square. This will give you a cube. With a sharp knife make a hollow centre. Dry, and toast the same as Pulled Bread.

This may be filled with creamed chicken, oysters, etc.

These boxes may also be cut oblong or round before making the centre hollow.

### Croutons.

Cut bread into slices one-fourth of an inch in thickness, then into blocks. Place in a baking-pan and then in a slow oven until thoroughly dry. Increase the heat until they quickly become a golden brown.

These may be kept in a tin box or covered jar until wanted for use. Serve with soups, etc.

### Zwieback.

Cut ordinary rusks into slices one-half of an inch in thickness; then dry, and toast the same as directed for toast.

Sponge-cake, gluten bread, whole wheat and white bread slightly sweetened and made into biscuits, may also be used.

### Panada (with Crackers).

Select unsweetened crackers, place them in a double boiler, and cover with boiling salted water; when thoroughly wet, drain, and then let them steam in the double boiler for fifteen minutes. Serve whole with hot milk and butter or a little cream. Add a little cinnamon and sugar if desired.

### Panada (Zwieback).

Break well-made zwieback into small pieces, then follow previous recipe, substituting these pieces for the crackers.

### Toasted Crackers.

Dip any desired plain cracker quickly into hot water, then toast until a golden brown.

### Water-Toast.

Toast bread as directed above. Dip each slice quickly into slightly salted hot water, and break over the top small pieces of butter. Serve immediately on a heated plate, as it is only relished when very hot.

### Milk-Toast.

Use pulled bread or slices of freshly made toast. Place in a heated bowl, and pour over as much hot (but not boiled) milk as desired. Add a few grains of salt and a small piece of butter if allowed. Serve immediately.

*Or*, when little milk is required, put the milk in a double boiler, and when hot (but not boiling) dip each piece of toast quickly, and serve on a heated plate with a few grains of salt and a small piece of butter.

*Or*, the milk may be served separately in a heated pitcher and poured over the bread just before it is eaten.

### Cream-Toast I.

One cup of milk.

One teaspoonful of cornstarch or arrowroot.

One or two slices of bread.

A few grains of salt.

A small piece of butter.

Toast the bread as above directed. Put the milk in a saucepan or double boiler, and when hot add the corn-starch, which has been moistened with a little cold milk, and stir until smooth; add salt, and pour over the toast. Add the butter, and serve immediately.

If more nutriment is desired, the thickened milk may be stirred into the well-beaten white of one egg.

### **Cream-Toast II.**

One cup of milk.

One or two slices of bread.

The yolks of one or two eggs.

A few grains of salt.

A small piece of butter.

Toast the bread as directed. Put the milk in a saucepan or double boiler, and when hot stir in the yolks of eggs well beaten. Cook a few minutes, but do not allow it to boil or it will have a curdled appearance. Season, pour over the toast, and serve immediately with the butter.

### **Vermicelli Toast.**

Follow the recipe for cream or milk-toast, and heap over it the hard-boiled yolk of one or two eggs, which have been pressed through a sieve.

### **Bread-Soup.**

One small slice of toast.

One cup of cold water.

A small piece of butter.

One-fourth cup of milk.

One-fourth teaspoonful of salt.



Use well-toasted bread; break into small pieces, pour over the water, bring slowly to a boil and simmer five minutes. Add salt and milk, and when hot serve in a heated bowl with a small piece of butter or a teaspoonful of cream. When adding the milk the slightly beaten yolk of an egg may also be stirred into the soup.

### **Beef Marrow on Toast I.**

Select a piece of shin-bone, have it carefully split, so you can remove the marrow in one piece. Cut into slices about one-half inch in thickness. Cover with boiling stock, broth, or salted water. Cover and let soak while you make some toast. Then drain the marrow, place it on the toast, then into a hot oven for five minutes. Season lightly and sprinkle over it finely chopped parsley. Serve very hot.

### **Beef Marrow on Toast II.**

Select and slice the marrow as directed in preceding recipe. Have some beef-broth or stock boiling in a saucepan, add the slices of marrow, cover and cook from ten to fifteen minutes. Drain, and serve at once on freshly made toast. Season lightly with salt or celery salt.

If desired, the toast may be softened with the hot broth, or use beef-juice.

### **Beef Marrow on Toast III.**

Select a piece of bone (six or eight inches long) from the shin of beef. Seal both ends with a paste made of flour and cold water. Then wrap with strips of muslin and tie securely. Cover with boiling water



and cook one and one-half hours. Remove the muslin and flour-paste. Scrape out the marrow with a long-tined fork. Serve on freshly made toast. Season with salt and pepper. Celery salt may be used if desired. The toast may be moistened with beef-juice.



## SOUPS.

WHEN making broths or soups cover the meat or vegetable with cold water and cook them slowly to draw out all the flavor and soluble matter. The meat or vegetable should also be cut into small pieces to allow the water to act more readily upon it and thus get a richer soup and in less time.

Meat soups are best made the day before they are to be used, or at least several hours beforehand, that the soup may get thoroughly cold, then all the fat can be easily removed before it is reheated.

When this is not possible, strain the soup through two thicknesses of gauze or cheese-cloth (that have been wrung out in cold water). If any fat remains, skim it off with tissue-paper or crusts of bread. A soup is poorly served if any fat is found floating on it.

Use agate, porcelain, or earthenware kettles when making soups, and always stir with a wooden spoon.

*Clear* soups contain little nourishment unless a cereal or grain, as rice, barley, etc., is added, but they are stimulants, and often prepare the stomach for the substantial dishes that follow.

To be palatable they should be served hot, unless served very cold in the form of a jelly.

Some form of toasted bread, crackers, or croutons is usually acceptable when served with them.

If clear soups are desired slightly thickened, add one-half tablespoonful of arrowroot (moistened with a little cold water) to each pint of soup.

### Stocks.

Stocks are the foundation of many soups and sauces and should always be on hand. They are easily made, and will keep in a cold place at least three or four days.

*White Stocks* are made from chicken, veal, or both.

*Brown Stocks* are made from beef, mutton, or both.

The stocks must be carefully seasoned, and are best made the day before they are used, as then every particle of fat will come to the top and can be easily removed.

When wanted for immediate use, strain through two thicknesses of gauze or cheese-cloth (that have been wrung out in cold water). This will retain some of the fat, and if any remains, skim it off with pieces of stale bread, raw cotton, or tissue-paper (unsized paper may also be used).

### Chicken Stock I.

Select a full-grown chicken. Singe, wash, and draw it. (Remove the meat from off the breast and put it aside for other dishes.) Disjoint it, remove the rest of the meat in small pieces from the bones. Crack the bones and place all but the white meat in a soup-kettle. Cover with three quarts of cold water, simmer gently about three hours, or until the liquid is reduced to one and one-half quarts. Add one teaspoonful of

salt, a peppercorn, one-fourth teaspoonful of celery-seed or a cup of chopped tops of celery, a sprig of parsley, and a small onion cut into slices. Then simmer a half-hour longer. Remove from the fire, strain, and cool quickly. When perfectly cold remove the fat from the top and it is ready to use in making soup, sauce, etc.

This will now keep in a cold place for several days at least.

### **Chicken Stock II. (from Cooked Chicken).**

Crack all the bones of a cooked chicken and add to them any scraps of meat, the neck, etc. Cover well with cold water, bring to a boil, and simmer until reduced one-half. Then season, flavor, and finish as directed in preceding recipe.

### **Chicken Stock III. (from Boiled Chicken).**

See directions under Boiled Chicken, page 160.

### **White Stock I. (with Veal).**

One knuckle of veal.

Two and one-half quarts of cold water.

One-half of a young carrot.

One peppercorn.

One small onion.

Three-fourths teaspoonful of salt.

A stalk of celery.

A sprig of parsley.

Have the bones cracked, and place bones and meat in a soup-kettle, cover with the cold water, bring to

a boil, then simmer gently at least three hours, or until the liquid is reduced to one-half the original quantity. Then add the salt, flavorings, and vegetables which have been cleaned and cut into small pieces. Simmer a half-hour longer, strain, and cool quickly. It will then form a firm jelly. Remove the fat when perfectly cold and it is ready for use.

Some of the flavoring or vegetables may be omitted if desired.

### **White Stock II.**

Use part veal and part chicken, bones and meat as well. Finish as above directed.

### **Stock (from Beef).**

One pound of beef (lean soup meat).  
A beef-bone or one-half knuckle of veal.  
A stalk of celery.  
A sprig of parsley.  
Two and one-half quarts of water.  
Three-fourths teaspoonful of salt.  
One small onion.

Follow directions in preceding recipe.

### **Stock (Economical).**

Save all bones from steaks, roasts, or poultry, etc., cover with cold water, bring to boiling, simmer several hours, add seasoning, and finish as directed in preceding recipes.

### **Quick Stock I.**

Make a beef-broth, adding more flavoring.

### Quick Stock II.

One teaspoonful of beef extract.

One quart of cold water.

One onion.

Sprig of parsley.

Celery or carrot.

One teaspoonful of salt.

Slice or chop the vegetables into small pieces; add the water, bring to boiling; then cook slowly about twenty minutes; strain and add the beef extract and salt.

### Chicken Soup.

One pint of chicken stock.

One-half tablespoonful of arrowroot or cornstarch.

Bring the stock to a boil, add the cornstarch or arrowroot, which has been mixed with a little cold water, stir until it thickens and is clear. Season to taste, and serve with egg or chicken croutons (see page 102) or two tablespoonfuls of well-cooked rice, pearl tapioca, or noodles.

### Chicken Tapioca Soup I.

One and one-fourth pints of chicken stock.

One tablespoonful of tapioca (pearl).

One-sixteenth teaspoonful of celery-seed or a few tops of celery.

A few drops of onion-juice.

Salt to taste.

Soak the tapioca in cold water, overnight or for several hours at least. Drain and cover with the stock. Cook in a double boiler until the tapioca is



very soft (add the celery one-half hour before removing it from the fire), add the onion-juice if desired, season to taste, and serve very hot with sippets or croutons.

### **Chicken Tapioca Soup II.**

Substitute pulverized tapioca for the pearl, but omit the soaking. It will also require a much shorter time to cook.

### **Chicken Soup (with Rice).**

One and one-fourth pints of chicken stock.

One tablespoonful of rice.

A few drops of onion-juice.

A few tops of celery.

Wash the rice, cut the celery into small pieces, cover with the cold stock, and cook in a double boiler until very soft. Add the onion-juice if desired. Season to taste. Serve hot with sippets.

If desired, the soup may be pressed through a sieve.

### **Noodle Soup.**

Bring one pint of well-flavored stock to a boil, add one-fourth cup of noodles, and boil fifteen minutes.

Chicken stock is preferable.

### **Vermicelli Soup.**

Follow directions for Noodle Soup, substituting vermicelli for the noodles.

### **Turkish Soup.**

One pint of stock.

One tablespoonful of rice.

The yolk of one egg.

One tablespoonful of cream.



Place the stock and rice in a double boiler and cook until tender. Press through a fine sieve, reheat, and season to taste. Beat the yolk and cream until light, add the soup gradually (beating all the while). Return to the fire for a moment or so, being careful it does not boil, or it will have a curdled appearance.

### Tomato Bouillon.

One cup of stewed and strained tomatoes.

One cup of stock.

A piece of celery or a few drops of onion-juice.

Salt to taste.

Select and wash ripe tomatoes, cut them into small pieces, place them in a saucepan and cook quickly until soft (about five minutes). Rub through a sieve, rejecting all the seeds (if they were not removed before cooking).

Heat the stock, add the tomatoes; when hot clarify by beating the white of an egg and a tablespoonful of water until well mixed only, add it to the soup, bring to a boil, and strain through two thicknesses of cheese-cloth or a very fine strainer.

Reheat, add the onion-juice if desired, and season to taste with salt.

Serve in heated cups with croutons, sippets, or egg-croustons.

If celery is used, cut it into small pieces and cook it with the tomatoes. Strain out before serving.

### Tomato Soup.

Follow preceding recipe, omit the clarifying with white of egg, and thicken it with one level tablespoonful of arrowroot which has been moistened

with a little cold water. Pour into the hot soup and stir until clear.

### Brown Soup with Croutons.

One pint of stock.

One tablespoonful of browned flour.

One level tablespoonful of butter.

Place ordinary bread flour in a smooth baking- or frying-pan, then place it in a moderate oven or, better, on top of the stove, shaking and turning the flour until it becomes a golden brown.

Rub the flour and butter together in a saucepan until smooth, add the stock cold, and stir over the fire in all directions until it comes to a boil. Serve in heated bowls with croutons.

### Vegetable Soup I.

One pint of stock.

One-half ear of fresh corn.

One-fourth of a small carrot.

One teaspoonful of rice.

One tablespoonful of young peas.

One small tomato.

One piece of celery.

Salt to taste.

Wash the rice, cut the celery and carrot into small pieces, add the peas and stock (cold). Boil about one hour. Score the corn and press out the centre of each grain, prepare the tomato as for stewing, removing skin and seeds. Add them to the soup, and boil five minutes longer. Season to taste, and serve in heated bowls.

If desired, any of the above vegetables may be omitted.

### Vegetable Soup II.

Follow preceding recipe, pressing the soup through a fine sieve before serving.

### Consommé.

One-fourth of a shin of beef.

One-half knuckle of veal.

Two quarts of cold water.

One level teaspoonful of granulated sugar.

One small onion.

Wipe off the beef and knuckle with a damp cloth. Remove the meat in small pieces from the bones.

Sprinkle the sugar over the bottom of the heated soup-kettle, and when brown add a quarter of a cup of cold water and the onion chopped fine. Cook for five minutes, then add the bones and meat, and cover them with the two quarts of cold water. Bring to boiling and skim. Then simmer about three hours. Add one teaspoonful of salt and a cup or more of chopped celery. Simmer a half-hour longer. Strain and cool quickly. When thoroughly cold remove all the fat and clarify.

*To Clarify.*—Bring the consommé to boiling, add the white and shell of one egg (slightly beaten with a tablespoonful of water), boil about five minutes. Strain through two thicknesses of gauze or cheese-cloth. Reheat, and serve in a heated cup with croutons or sippets.

**Cold Consommé or Consommé-Jelly.**

Follow preceding recipe, using it cold, when it will be a jelly. Cut into blocks and serve in a cup or on a lettuce-leaf.

**Consommé with Egg.**

Poach a whole egg or just the yolk (as desired) in a bowl of hot consommé and serve immediately.

**Consommé Royal.**

Make Egg Croutons, place in a heated bowl, and pour over them hot consommé. Serve immediately.

**Bouillon.**

Follow recipe for beef-broth or old-fashioned beef-tea. Just before serving bring it to boiling, and clarify with the white of egg as directed under Consommé.

**Egg Croutons I.**

One egg.

One tablespoonful of white stock.

One tablespoonful of milk.

One-eighth level teaspoonful of salt.

Beat the egg until light, add the stock, milk, and salt. Pour into a smooth mould or bowl. Stand it in a large saucepan partly filled with hot water. Cover the pan closely, and cook slowly on top of the stove until a firm custard is formed. When cold, cut into small blocks or fancy shapes. Place them in the soup-bowls and pour over them the hot soup.

**Egg Croutons II.**

Add a small pinch of salt to the white of one egg, whip it to a stiff froth, then drop by spoonfuls on hot

water, cover the pan closely, and let them steam slowly one minute. Float on the soup and serve. These may also be cooked on top of the soup.

### Chicken Croutons.

Follow recipe for Egg Croutons I., adding with the stock one tablespoonful of finely chopped white meat of a cooked chicken. Serve as directed above with chicken soup.

### Cream Soups.

These soups are nutritious, and when served with pulled bread or toast sometimes form an entire meal for a child or invalid.

To be palatable, cream soups must be free from lumps and served hot in a heated bowl or cup.

When fatty food is required, one to four tablespoonfuls of cream may be added to any of the soups after they have been removed from the fire.

If a more concentrated food is required the extra yolk of one or two eggs may be added, or the white of egg beaten to a stiff froth and carefully stirred in a moment or so before it is removed from the fire.

Onion-juice gives zest to cream soups, but may be omitted in any of the following recipes.

When making these soups it is always more preferable to use stock than water, as it adds to the flavor and less seasoning is required.

There are several ways of thickening cream soups, according to the food required,—viz.:

1. *With Flour and Butter.*—A very general and tasty method, but more difficult to digest.

2. *With Cornstarch or Arrowroot.*—In this method the arrowroot or cornstarch is thoroughly cooked be-



fore the milk is added. After the milk is added it is only brought to the pasteurizing point (165° F.) if boiled milk is objected to. Then the butter is not cooked at all, but added after the soup has been removed from the fire.

3. *Thickened with Yolks of Eggs.*—This one is free from starch, and the milk can also be cooked below the boiling-point.

4. *Thickened with Irish Moss.*—Also free from starch.

These soups are improved if whisked with an egg-beater after the thickening has been added. It will make them lighter and more creamy or smoother. With such soups as rice, sago, or tapioca, if whisked until smooth they need not be pressed through a sieve.

When serving croutons, pulled bread, etc., with soups always serve them on a separate plate.

### Oyster Soup, or Bisque of Oysters.

One cup of white or cream sauce.

Eight oysters.

Drain and quickly wash the oysters with cold water. Chop or cut them fine with a silver knife. Put them in a saucepan with a half-cup of cold water, bring slowly to boiling, stirring frequently, then simmer five minutes. Make a cup of cream sauce and drain the oyster-broth into it. Season to taste with salt and serve very hot with toasted crackers.

To vary the flavor, celery, an allspice, or a pinch of ground mace may be cooked with the oysters.

The cream or white sauce may be thickened with butter and flour, cornstarch, or yolks of eggs. (See page 206.)



### Clam Soup.

Eight clams.

One cup of cream sauce.

The white or cream sauce may be thickened with flour, cornstarch, or yolks of eggs as desired. (See page 206.)

Drain the clams and chop them fine. Return them to their liquor. Bring slowly to boiling, stirring frequently. Skim and simmer five minutes.

Make a white or cream sauce. Strain the liquor of the clams into the sauce, stirring all the while; if necessary to reheat, do not let the soup boil or it will curdle.

A teaspoonful of finely chopped parsley and one potato cut into dice and boiled until tender may be added to the sauce before adding the clam-juice. Serve with toasted crackers.

### Chicken Panada.

One-half cup of cooked chicken meat.

One-half pint of chicken stock or water.

One-fourth cup of soft bread-crumbs.

A pinch of salt.

One-fourth cup of milk.

Cover the crumbs with milk, and while they are soaking chop cold cooked chicken (preferably white meat) very fine or run it through a meat-grinder. Press the bread through a coarse strainer. Put the chicken, crumbs, and stock in a saucepan and stir until it slowly comes to boiling, add the milk, and re-heat. Serve in a heated bowl.

A small piece of butter, or a teaspoonful of cream, may be added at serving time, or the lightly beaten

yolk of an egg may be added just before it is removed from the fire.

If water is used instead of stock, add a few drops of onion-juice, a few celery-tops, and a small pinch of ground mace.

### Chicken Purée I.

One-half cup of chicken meat (breast).

One tablespoonful of arrowroot or cornstarch.

A few seeds of celery or celery-tops.

One teaspoonful of finely chopped parsley.

One cup of cold water.

One-half teaspoonful of salt.

Yolk of one egg.

One cup of cold milk.

Chop the chicken very fine or run it through a meat-grinder. Cover it with the cold water, add the celery, and bring slowly to a boil, then simmer fifteen minutes. Press through a fine sieve; return it to the fire, and when boiling add the arrowroot or cornstarch, which has been moistened with a little cold water. Stir until it thickens, add the milk, and bring just to boiling, stirring all the while. Season to taste, add the yolk (beaten until light) and the parsley, and stir for a few minutes. Serve in a heated bowl with croutons or pulled bread.

A small piece of butter or a tablespoonful of cream may be added when serving.

### Chicken Purée II.

Follow preceding recipe, omitting the cornstarch or arrowroot and adding the yolks of three eggs instead of the one yolk.

### Wine Soup.

- One-half a thin slice of bread.
- One cup of boiling water.
- Yolk of one egg.
- One tablespoonful of milk or cream.
- One tablespoonful of wine (port or sherry).
- Sugar to taste.

Thoroughly toast the bread, break it into small pieces, cover with the boiling water, and cook slowly five or ten minutes. Beat the yolk and milk together until light, add to the soup, and stir for several minutes (keep it below the boiling-point), remove from the fire, add the wine and a teaspoonful of granulated sugar. Serve immediately in a heated bowl.

### Cream of Celery Soup I. (Flour Thickening).

- One head or stalk of celery.
- One and a half cups of stock or water.
- One-half teaspoonful of salt.
- One cup of milk.
- One tablespoonful of butter.
- One tablespoonful of flour.

Wash the celery and cut it into small blocks. Cover it with cold stock or water, bring slowly to boiling, then simmer a half-hour or until tender. Press all but the stringy fibre through a sieve. (This should now measure one cup; if not, add stock or water.) Reheat and season.

Make a cream sauce by rubbing the flour and butter together in a saucepan until smooth, add the milk,

and stir over the fire in all directions till it boils. Add the celery stock, mix well, and it is ready to serve.

**Cream of Celery Soup II. (thickened with Cornstarch or Arrowroot).**

- One head or stalk of celery.
- One tablespoonful of cream.
- Yolk of an egg (if desired).
- One cup of milk.
- One and a half cups of stock or water.
- One-half teaspoonful of salt.
- One level tablespoonful of cornstarch or arrowroot.

Prepare and cook the celery as directed in preceding recipe. Press through a sieve and reheat.

Moisten the cornstarch with a little cold water, add to the celery water, stir until it thickens. Beat the yolk until light, add the milk, and pour both into the soup. Stir or beat with an egg-whip for several minutes, but keep it below the boiling-point or it will have a curdled appearance.

Serve immediately in a heated bowl, and add cream or a small piece of butter; serve also croutons or some form of toasted bread.

**Cream of Celery Soup III. (thickened with Yolks of Eggs and free from Starch).**

- One head or stalk of celery.
- One and a half cups of stock or cold water.
- One cup of milk (cold).
- Yolks of two or three eggs.
- One-half teaspoonful of salt.

Follow the preceding recipe, omitting the cornstarch or arrowroot, and use the yolks of two or three eggs instead of one yolk. Serve as above directed.

**Cream of Celery Soup IV. (free from Starch and thickened with Irish Moss).**

One head or stalk of celery.  
One and a half cups of stock or water.  
One cup of milk.  
One-eighth cup of Irish moss.  
Yolk of one egg (if desired).  
Salt to taste.

Wash the celery and cut it into small pieces. Cover it with the cold stock or water, bring slowly to a boil, then simmer a half-hour or until tender. Press all but the stringy fibre through a sieve. (This should now measure one cup; if not, add stock or water.) While the celery is simmering prepare the moss as follows: Soak it in lukewarm water for ten minutes, then wash each piece thoroughly in cold water, drain, and soak it in the milk for a half-hour. Then stir and slowly heat until the milk is steaming hot, then simmer ten minutes.

Strain through a fine sieve, pressing through as much of the moss as possible.

Add the celery stock, reheat, season to taste, and add the lightly beaten yolk of egg. Cook a few minutes (below boiling-point or the egg will have a curdled appearance). The yolk of egg may be omitted when desired.

Serve hot and in a heated bowl.

Cream of tomato, lettuce, spinach, asparagus, cress,



onion, chicken, oyster, and clam soups may also be thickened with Irish moss as above directed, substituting any of the above for celery.

### **Purée of Corn, or Cream of Corn Soup.**

Follow the directions for making Cream of Celery Soup (I., II., or III.), substituting one cup of fresh corn (grated from the cob) for the one head or stalk of celery. (One large ear will make this quantity.)

The cobs can be broken and added to the corn and water while cooking. This will add to the flavor.

### **Purée of Pea, or Pea Soup.**

Substitute one cup of fresh green peas for the one head or stalk of celery, then follow directions for making and serving Cream of Celery Soup.

The fresh pods can be washed and covered with cold water, brought to a boil, and simmered fifteen minutes. Drain and use one and one-half cups of this water instead of stock or plain water for cooking the peas. This will add to the flavor.

### **Lima Bean Soup.**

Follow directions for making and serving Cream of Celery Soup, substituting one cup of fresh Lima beans for the head or stalk of celery.

### **Cream of Tomato, or Mock Bisque I.**

One cup of milk.

One level teaspoonful of salt.

A dash of pepper.

Two level tablespoonfuls of flour.



One level tablespoonful of butter.

One cup of stewed and strained tomatoes.

Select and wash ripe tomatoes, cut them into very small pieces. Put in a saucepan over the fire and cook quickly until soft (about five minutes). Rub through a sieve.

Rub the butter and flour together in a saucepan; when smooth add the milk. Stir over the fire in all directions until it comes to boiling. Bring the tomatoes to boiling, add the salt and pepper. When both are boiling hot quickly pour the tomatoes into the milk. Stir, and serve immediately. A few drops of onion-juice may be added if desired.

If canned tomatoes are used, stew as quickly as possible and add one-eighth teaspoonful of baking soda—just before straining—to neutralize the acid.

### **Cream of Tomato II. (Irish Moss Thickening).**

Prepare the Irish moss as directed under Cream of Celery Soup IV., and add one cup of stewed and strained tomatoes instead of the cup of celery stock.

### **Spinach Soup I.**

One quart of spinach.

One cup of milk.

One level teaspoonful of salt.

One-half tablespoonful of butter.

One cup of cold water or stock.

One tablespoonful of flour.

One teaspoonful of cream if desired.

Pick the leaves from a quart of spinach. Wash through several cold waters, shaking up and down

while in the water to free it from sand, etc. Put it in a saucepan with the cold stock or water, bring to boiling, then simmer until tender (five to ten minutes). Press all through a fine sieve. If this does not measure one cup, add more water or stock.

Return to the fire and season.

Make a cream sauce by rubbing the flour and butter together in a saucepan until smooth, add the milk, and stir over the fire in all directions until it boils. Add the spinach stock, mix well, and serve with croutons or sippets.

The yolk of an egg may be lightly beaten and added a few minutes before removing the soup from the fire, also the cream.

### Spinach Soup II. (thickened with Arrowroot or Cornstarch and the Milk heated below the Boiling-Point).

One quart of spinach.

One cup of stock or water.

One cup of milk.

One level teaspoonful of salt.

Yolk of an egg.

One level tablespoonful of cornstarch or arrowroot.

A small piece of butter or one tablespoonful of cream.

Prepare and cook the spinach as directed in preceding recipe, press all through a sieve and reheat.

Moisten the cornstarch or arrowroot with a little cold water, add to the soup and stir until it thickens. Beat the yolk until light, add the milk, and pour both into the soup. Stir or beat with an egg-whip for

several minutes, but keep it below the boiling-point or it will have a curdled appearance. When not desired, the yolk of egg may be omitted.

Serve immediately in a heated bowl, and add cream or a small piece of butter. Serve also croutons or some form of toasted bread.

### **Cream of Spinach Soup III. (thickened with Yolks of Eggs and free from Starch).**

Follow the preceding recipe, omitting the corn-starch or arrowroot, and use the yolks of three eggs instead of one yolk. Serve as above directed.

### **Cream of Lettuce Soup.**

Substitute a head of lettuce for the quart of spinach and follow directions for Cream of Spinach Soup.

### **Water-Cress Soup.**

Substitute a small bunch of young water-cress for one quart of spinach and follow directions for Cream of Spinach Soup.

### **German Milk Soup.**

One tablespoonful of browned flour.

Two cups of milk.

One-half teaspoonful of salt.

A few drops of onion-juice.

Yolk of an egg (if desired).

One tablespoonful of cream or a small piece of butter.

Put the flour in a smooth pan and shake over the fire or place in the oven until it becomes a golden brown. (If not watched it will burn.)

Put the browned flour in a saucepan, gradually add the milk, stirring all the while. Bring to boiling, then simmer five minutes, add the onion-juice, salt, and lightly beaten yolk of egg. Cook a moment or so below boiling-point. Remove from the fire, add the cream or butter, and serve immediately.

### Cream of Asparagus Soup I.

Twelve stalks of asparagus.

One cup of stock or water.

One cup of milk.

One-fourth teaspoonful of salt.

One tablespoonful of flour.

One-half tablespoonful of butter.

Wash and scrape the asparagus. Tie it in a bundle. Put two quarts of boiling water in a saucepan, add two teaspoonfuls of salt. When boiling add the asparagus, bring again to a boil, then boil slowly until tender. Drain, remove the tips and put them to one side. Cut the remainder into small pieces, add the cup of stock or fresh water. Simmer about fifteen minutes, press all but the stringy fibre through a sieve, add salt, and reheat.

Make a cream sauce by rubbing the flour and butter together in a saucepan until smooth, add the milk, and stir over the fire in all directions until it boils. Add the asparagus stock and tips, mix well, serve hot with croutons or toast.

The yolk of an egg may be lightly beaten and added a few moments before removing the soup from the fire.

**Asparagus Soup II. (thickened with Arrowroot or Cornstarch and the Milk heated below the Boiling-Point).**

Twelve stalks of asparagus.  
One cup of stock or water.  
One level tablespoonful of cornstarch or arrowroot.  
A small piece of butter or tablespoonful of cream.  
Yolk of one egg (if desired).  
One-fourth teaspoonful of salt.  
One cup of milk.

Prepare and cook the asparagus as directed in preceding recipe. Press all through a sieve and reheat.

Moisten the cornstarch or arrowroot with a little cold water, add to the hot soup, and stir until it thickens. Beat the yolk until light, add the milk, and pour both into the soup. Stir or beat with an egg-whip for several minutes, but keep it below the boiling-point or it will have a curdled appearance.

Serve immediately in a heated bowl, and add cream or a small piece of butter. Serve croutons or some other form of toasted bread.

**Cream of Asparagus Soup III. (thickened with Yolks of Eggs and free from Starch).**

Follow the preceding recipe, omitting the cornstarch or arrowroot, and use the yolks of two or three eggs instead of the one yolk. Serve as above directed.

**Oatmeal Soup.**

One-half cup of cooked porridge or oatmeal-jelly.  
One-half cup of stock or water.



One-fourth teaspoonful of onion-juice.

One-half cup of milk.

One-eighth teaspoonful of salt.

Yolk of one egg (if desired).

A chopped celery-top or a few celery-seeds.

Cook the porridge, celery, and water slowly for fifteen minutes, add the milk, rub all through a sieve, reheat, add salt, a dash of pepper, onion-juice, and yolk of egg well beaten with a teaspoonful of milk. (It must not boil after the egg is added.) One-half teaspoonful of finely chopped parsley may also be added and the well-beaten white of one egg. (Especially adapted for cold weather.)

### Cream of Rice Soup.

One tablespoonful of rice.

One and one-half cups of chicken stock or water.

One-fourth teaspoonful of onion-juice.

One cup of milk.

One-half level teaspoonful of salt.

A piece of celery or one-eighth teaspoonful of celery-seed.

Yolk of one egg (if desired).

Put the rice and water in a double boiler and cook until very soft. Press all through a sieve, return it to the double boiler and add the milk, cook fifteen minutes longer, stirring often. Add the salt and yolk of egg. Stir a few minutes or whisk with an egg-beater, and do not allow it to again boil.

If onion flavor is desired, add it with the egg. If celery is desired, add it with the rice.



One-half teaspoonful of butter or one teaspoonful of cream may be added when served.

One teaspoonful of finely chopped parsley may also be added.

### **Cream of Chicken Soup (with Rice).**

Follow directions for Cream of Rice Soup, using a strong chicken stock.

### **Cream of Sago Soup.**

Soak a tablespoonful of sago in water for a half-hour or more. Follow directions for Cream of Rice Soup, substituting the sago for the tablespoonful of rice.

Also the yolks of two or three eggs may be added instead of the yolk of one, if desired.

### **Cream of Tapioca Soup.**

Soak a tablespoonful of pearl tapioca in cold water for several hours, or overnight. Follow directions for Cream of Rice Soup, substituting the soaked tapioca for the rice.

If pulverized tapioca is used no soaking will be necessary and less time for the cooking.

### **Chicken Tapioca Soup.**

Follow directions for Cream of Tapioca Soup, using a strong chicken stock.

### **Purée of Chestnuts.**

One cup of chestnuts.

Two cups of stock or water.

Yolk of one egg (if desired).

One cup of milk.

One-half level teaspoonful of salt.

One teaspoonful of butter or one tablespoonful of cream.

One teaspoonful of finely chopped parsley.

Shell and blanch the chestnuts. Cover with water or stock and cook until tender. Press through a sieve. Add the milk, reheat, stir or whisk with an egg-beater until it boils and is smooth and creamy. Add salt, parsley, and yolk of egg lightly beaten. Stir a few moments longer, but do not let the soup boil or the egg will give the soup a curdled appearance.

#### Purée of Peas, Beans, or Lentils.

One-fourth cup of split peas, beans, or lentils.

One pint of stock or water.

One-half teaspoonful of onion-juice.

One level teaspoonful of salt.

Wash the peas, beans, or lentils, and cover them with plenty of cold water, soak overnight, or at least six hours. Drain, and wash again in cold water. Put in a double boiler and cover them with the pint of stock or water. Cook for two hours, or until very tender. Press all through a sieve. If necessary, dilute with stock or water. Reheat, season, and add onion-juice. Serve very hot with croutons.

*For Adults.*—If desired (when diluted), one teaspoonful of butter and one of flour may be rubbed together, then stirred into the purée until perfectly smooth.

### Cream of Chicken Soup I.

One and one-half cups of chicken stock.

One-half cup of milk.

Yolk of one egg (if desired).

One tablespoonful of cornstarch or arrowroot.

One-half teaspoonful of finely chopped parsley.

A small piece of butter or one tablespoonful of cream.

Salt to taste.

Pour the milk and chicken stock into a saucepan, bring to boiling, and stir in the cornstarch or arrowroot, which has been mixed with a little cold milk. Stir until it thickens, season, and add the yolk of egg lightly beaten. Cook a moment or so (below the boiling-point, or it will have a curdled appearance). Add the parsley and butter or cream, and serve immediately in heated bowls or cups with some form of toast.

### Cream of Chicken Soup II. (thickened with Yolks of Eggs and free from Starch).

Follow preceding recipe, omitting the cornstarch or arrowroot, and using the yolks of three eggs instead of the one yolk.

### Milk or Onion Soup.

One-half pint of stock.

One-half pint of milk.

One level tablespoonful of butter.

Two level tablespoonfuls of flour.

One teaspoonful of parsley.

Yolk of one egg (if desired).

One teaspoonful of onion-juice, or one cup of plain boiled onions.

One level teaspoonful of salt.

A dash of pepper.

Rub the butter and flour together in a small saucepan. When smooth add the milk and stock, and stir in all directions over the fire, until it boils. Add the salt and onion-juice, or the boiled onions rubbed through a sieve. Beat the yolk of egg until light, add to the soup, stirring all the while. Remove from the fire just before it again reaches the boiling-point, and serve with croutons or pulled bread.

To obtain the onion-juice, cut a slice from the end of a large onion. Give one rub on a grater, then press and turn the onion, and the juice will trickle down, and can be easily caught on a spoon.



## GRUELS AND MUSHES.

GRUELS and mushes are more tasty when made with milk, but it is often advisable to use water or part of each.

When boiled milk is objectionable they should either be made with all water or part of each, cooking the grain or flour, etc., thoroughly in water, then adding the milk and stirring until it is just hot, or until it just begins to boil; then remove it from the fire.

All gruels and mushes must be free from lumps and thoroughly cooked. Most preparations of grains should be cooked longer than is advised by the manu-

facturer to be sure all the starch granules or cells have been ruptured.

When more nutriment is desired eggs may be added, —viz., the white may be whipped to a froth and stirred in the gruel or mush just before it is removed from the fire, or the yolk may be beaten and added either with or without the white.

Avoid making them too sweet, and when cane-sugar is not allowed serve the breakfast foods over fruit, such as a pared and sliced apple, or dates freed from their stones and skins. (See also page 293.)

To vary the flavor of the gruels, cut raisins into small pieces, removing the seeds, cook them with the gruel, and strain them out before serving.

If not desired cold, they should always be served hot and in heated bowls or dishes.

### Indian-Meal Gruel I.

Two tablespoonfuls of granulated white cornmeal.

One or two tablespoonfuls of cream.

One teaspoonful of sugar (if desired).

One pint of boiling water.

One-half teaspoonful of butter.

Cover the cornmeal with cold water, stir a moment, then drain, and slowly add the boiling water, stirring all the while. Add a pinch of salt and cook in a double boiler an hour or more.

Serve in a heated bowl with sugar, butter, and cream.

The butter may be omitted and more cream added which has been slightly whipped.



**Indian-Meal Gruel II. (with Egg).**

Make a pint of gruel as directed in preceding recipe; just before removing it from the fire add the beaten yolk of one or two eggs, then stir in the well-beaten white or whites. Cook a moment, stirring all the while, and serve as above directed.

If not desired, the yolk may be omitted.

**Cracker Gruel I.**

Four tablespoonfuls of cracker-crumbs.

One cup of cold water.

One cup of cold milk.

A pinch of salt.

Select milk-crackers, and toast them or not as desired. Roll into crumbs and moisten them with the cold water. Stir until it boils for several minutes. Add the salt and cold milk and bring to the scalding-point.

Serve with a small piece of butter and a teaspoonful of cream in a heated bowl. A grating of nutmeg may also be added.

**Cracker Gruel II. (with Egg).**

See directions for Indian-Meal Gruel with Egg, substituting cracker gruel for the Indian meal gruel.

**Egg Gruel.**

One egg.

One cup of milk.

One teaspoonful of arrowroot.

A few grains of salt.



Separate the egg; beat the white to a froth, add the yolk, and beat again.

Scald the milk, moisten the arrowroot with a little cold milk, add to the hot milk, and stir until it thickens. Add salt and beat it over the egg. If too cool to serve, reheat carefully or the egg will separate. A grating of nutmeg may be used.

### Arrowroot Gruel I. (with Water).

One-half tablespoonful of arrowroot.

One cup (one-half pint) of water.

One or two tablespoonfuls of sherry wine (if a stimulant is ordered).

Six large raisins.

Two tablespoonfuls of cream.

Cut the raisins into small pieces, remove seeds, add to the cold water and bring slowly to a boil, strain; moisten the arrowroot with a little cold water, stir into the hot water, and cook until perfectly clear. Remove from the fire, add the cream slightly whipped and a piece of loaf-sugar. Also the wine if used.

A few gratings of the yellow rind of a lemon or nutmeg may be added to the water to vary the flavor of the gruel.

### Arrowroot Gruel II. (with Milk).

One level tablespoonful of arrowroot.

Two tablespoonfuls of cream.

One-half cup of milk.

Six large raisins (if desired).

One-half cup of water.

Cut the raisins into small pieces (remove seeds) and cover them with a half-cup of cold water, stir and bring slowly to a boil, strain. Moisten the arrowroot with a little cold water, stir into the hot water, and cook until perfectly clear. Add the milk cold and stir until it reaches the scalding-point. Serve hot with the cream plain or slightly whipped and a piece of loaf-sugar, if desired sweetened.

A grating of nutmeg may also be used.

### Arrowroot Gruel III. (with Egg).

Make a cup of arrowroot gruel (with water or milk). Just before removing it from the fire add the beaten yolk of an egg and stir in the well-beaten white. Cook a moment, stirring all the while, and serve as above directed.

### Oatmeal Gruel I. (for Infants).

Three or four level tablespoonfuls powdered oatmeal. (See foot-note on page 76.)

One pint of boiling water.

One-eighth teaspoonful of salt.

Moisten the oatmeal with a little cold water, stir into the boiling salted water, continue to boil slowly one-half hour, stir occasionally to prevent scorching, or cook in a double boiler, keeping the water in the under pan boiling all the while. Strain and dilute with milk.

*For Adults.*—The above may be diluted with milk or served with cream and a little sugar.

The well-beaten white of egg may also be added.

### Oatmeal Gruel II.

Three tablespoonfuls of oatmeal.

One pint of boiling water.

One-eighth teaspoonful of salt.

Add salt and oatmeal to the boiling water and cook in a double boiler two hours or more; strain and dilute with milk for infants. For adults, serve with a little cream or well-beaten white of egg and a piece of sugar.

If cooked oatmeal is used, dilute with water or milk to the desired consistency and cook in a double boiler thirty minutes. Then strain, and serve as above directed.

### Barley Gruel.

Four level tablespoonfuls of barley flour.

A pint of boiling water.

A pinch of salt.

Moisten the barley with a little cold water. Pour on the boiling water, stir, and boil twenty minutes. Strain and dilute with milk for infants. For adults, add one-half cup of milk and just bring to boiling-point. Serve hot with sugar and a tablespoonful of cream.

All water may be used instead of part milk.

If desired, just before removing the gruel from the fire stir in the well-beaten white of one egg. Serve as above directed.

### Flour-Ball or Flour Gruel.

Put one-half pint of flour in the centre of a square of cheese-cloth, tie into a tight ball, drop into a

kettle of boiling water and boil continually five hours. Remove the cloth and peel off the moist outside covering, grate the hard centre into a baking-pan lined with perfectly clean paper. Stand in a moderate oven until perfectly dry. Then cool and put into a covered glass jar.

To make the gruel, moisten two teaspoonfuls of the flour in a little cold water and stir into one pint of boiling water. Cook slowly eight minutes and dilute with milk.

#### **Racahout des Arabes Gruel.**

One tablespoonful of racahout.

One cup of boiling water.

One cup of hot milk.

A pinch of salt.

Mix the racahout with a little cold water, add boiling water and salt, simmer ten minutes. Scald the milk, add to the gruel, strain, and serve.

#### **To make Racahout.**

One-fourth pound of cocoa.

One-fourth pound of powdered sugar.

One-fourth pound of rice flour.

One-half ounce of sugar of milk.

One-eighth ounce of salep or slippery elm bark (powdered).

One-half ounce of arrow-root.

Mix thoroughly and keep in a glass jar closely covered.

It may also be purchased in some drug-stores under the name of Racahout des Arabes.

### Oatmeal for Breakfast I.

One pint of boiling water.

Three-fourths cup or six tablespoonfuls of oatmeal.

One-fourth teaspoonful of salt.

Put the water in a double boiler, add the salt and oatmeal, mix well, then do not stir again. Cook continually for at least two hours. Serve in a heated bowl with scalded milk.

It is often advisable, especially for children, to press the hot oatmeal through a fine sieve just before serving, thus straining out all the hulls.

### Oatmeal for Breakfast II.

One pint of boiling water.

Four level tablespoonfuls of Bethlehem or powdered oatmeal.

One-fourth teaspoonful of salt.

Moisten the oatmeal with a little cold water (about one-half cup), stir into the boiling water and continue to boil slowly one-half hour, stirring occasionally, or cook in a double boiler, keeping the water boiling all the time in the under pan.

If not perfectly free from lumps, strain. Serve with milk or cream.

### Cornmeal Mush.

One cup of water.

One-third cup of white cornmeal.

One-eighth level teaspoonful of salt.

One egg.

Put the water in a double boiler, add the salt, and when hot sprinkle in the cornmeal, stirring all the



while, until it becomes a smooth mush. Cook one hour or more. At serving-time, beat the yolk until light, add to the mush, then stir in the well-beaten white. Cook a moment, and serve in a heated bowl with plain or whipped cream.

If a white mush is desired, omit the yolk of egg.

### **Farina Mush.**

One pint of boiling water.

One-fourth teaspoonful of salt.

Four tablespoonfuls of farina.

Put the water in the upper half of a double boiler, add the salt, and slowly sprinkle in the farina, stirring all the while. Then beat with an egg-whip several minutes to be sure it is smooth. Cook one hour. Serve with cream.

If desired cold, pour it into cups or moulds while hot and turn out on a saucer at serving-time.

### **Flaked Rice.**

Pour one cup of boiling water in the top of a double boiler, add one-eighth level teaspoonful of salt. Stir in as much flaked rice as the water will absorb. Cook ten minutes without stirring. Serve hot with cream.

### **Breakfast Foods with Fruit.**

Put a layer of pared and sliced apples, peaches, or bananas, or chopped dates in the bottom of your porridge-bowl, and pour over it the hot mush or cereal. This gives a pleasant variety, and is also of value to accustom a patient to do without cane-sugar when desirable.



### Hominy Grits.

Two tablespoonfuls of hominy grits.

One cup of water.

One-eighth teaspoonful of salt.

Wash the hominy thoroughly in several cold waters, drain, and cover with fresh water; soak overnight, or at least several hours. Place in a double boiler, cover with a cup of boiling water, add one-eighth teaspoonful of salt, and cook continuously for two hours. If the hominy gets too dry, add more hot water. Serve with milk or cream, and sugar if desired. If whole hominy is used it must be soaked overnight and then cooked all day.

### Oatmeal-Jelly.

Follow either of the recipes, Oatmeal for Breakfast I. and II., strain while hot, and pour into a mould. Serve cold with milk or cream.

### Rice-Jelly.

One-half cup of rice.

Three cups of boiling water.

One-eighth teaspoonful of salt.

Wash the rice thoroughly in cold water, drain, and place it in the upper half of a double boiler with the salt and boiling water. Cook continuously for one hour. Press through a fine strainer. Serve cold with cream.

*Or*, dilute with milk for infants and serve warm.

**Barley-Jelly (from Whole Grain).**

Four tablespoonfuls of pearl barley.

One quart of water.

One-eighth level teaspoonful of salt.

Soak the barley overnight, or at least several hours. Drain and cover with cold water, bring to boiling, drain, cover again with the one quart of fresh water, and boil gently about two hours. This should now measure one pint. Strain the liquid through a fine strainer. When cold it will form a jelly.

**Barley-Jelly (from the Flour or Powdered Grain).**

One pint of boiling water.

Four level tablespoonfuls of barley flour.

One-eighth teaspoonful of salt.

Moisten the barley with a little cold water, pour into the boiling water, stirring all the while. Continue to boil slowly for twenty minutes or cook in a double boiler, keeping the water boiling all the time in the under part. Strain while hot.

**Banana Mush.**

One banana.

Two tablespoonfuls of cold milk.

Slice the banana or mash it with a silver fork; add the milk. Cook in a saucepan until very soft, stirring often. Serve hot with or without cream.

**Banana Gruel.**

One banana.

Three-fourths cup of cold milk.

Slice the banana or mash it with a silver fork; add the milk. Cook slowly until the banana is very soft. Stir often. Serve hot.



### HYGIENIC GRIDDLE CAKES.

THESE are delicious and simply made. Eggs give them their lightness. They may be eaten with butter and used instead of the breakfast cereal or dinner vegetable. They should be baked on a soapstone or aluminum griddle which requires no greasing.

#### Hominy Cakes.

One-half cup of cooked hominy grits (cold).

One tablespoonful of milk.

One egg.

Separate the egg; add the yolk and milk to the grits; mix well. Beat the white to a stiff froth, stir into the mixture, and drop by spoonfuls on a hot griddle. Bake until brown on both sides.

#### Bread or Crumb Cakes.

One-half cup of stale bread or toast crumbs.

One cup of milk.

One or two eggs.

A pinch of salt.

Soak the crumbs in the milk for one or two hours, drain, add the yolk of egg and salt, beat well. Then stir in the well-beaten white of egg, and drop by spoonfuls on a hot griddle. Bake until brown on both sides.

### Cracker Crumb Cakes.

Toast some crackers until a light brown and roll fine. Substitute a half-cup of these crumbs for the bread crumbs, then follow preceding recipe.

### Flaked Rice Cakes.

Heat one cup of milk, then add enough flaked rice to make a thin mush; add a pinch of salt and the yolks of two eggs. Then stir in the whites, which have been beaten to a stiff froth. When cool, bake on a hot griddle.

### Rice Cakes.

One-half cup of boiled rice (plain or browned).

One tablespoonful of milk.

One egg.

Separate the egg, add the yolk and milk to the rice, beat the white to a stiff froth, stir into the mixture, and bake on a hot griddle until brown on both sides.

### Corn Cakes.

See page 186.



### EGGS.

EGGS are highly nutritious, but to be easy of digestion, unless served raw, must be cooked at a lower temperature (130° to 160° F.) than boiling, or the white will be rendered tough instead of soft and creamy. Therefore the so-called "soft-boiled egg" must not be boiled at all. Boiling water is poured over the eggs, then kept off the stove and in ten minutes the water will be cooled to about 160° F.

The length of time an egg is cooked is not of as much importance as the degrees of heat used.

Whenever the white of egg is whipped to a froth it is more easy of digestion, since the digestive fluids may act more readily upon it. Hence the value in the steamed or frothed egg.

To be palatable, unless served raw, eggs must be eaten while hot. Previous to cooking, the bowl or dish in which they will be served should be heated. Have everything in readiness to serve immediately.

To keep an egg fresh after it has been removed from its shell, place the yolk (whole) in a cup of cold water and then in a cold place. It will now keep nicely for twenty-four hours or more. The white should be placed in a cup or jar, tightly covered or sealed, and kept in a cold place.

The steamed, soft cooked, poached, and scrambled (I.) eggs are all lightly cooked, palatable, and contain no cooked butter.

Golden-Rod, Japanese, and Baked Eggs may each be made with Cream Sauce I. or II. (see page 206) according to the requirements of the patient.

### How to serve Eggs Raw.

1. *With Orange-Juice.*—Choose a sweet orange and squeeze out the juice, rejecting the seeds. Select a fresh egg—break it carefully, keeping the yolk whole. Place the egg in a small dainty cup and gently pour the orange-juice over the egg until it is well covered. In drinking the juice let the egg slip down whole.

2. *With Wine.*—Follow the above directions, substituting wine, as sherry or port, for the orange-juice.



3. *With Lemonade, Water, Apollinaris, etc.*—Follow preceding directions, substituting any of the above for the orange-juice. (See also page 72.)

### Egg Punch.

One egg.

One tablespoonful of sherry or one teaspoonful of brandy.

One teaspoonful of powdered sugar.

Separate an egg. Beat the white to a stiff froth. Beat the yolk until light, add the sugar and sherry or brandy, beating all the while, add the well-beaten white, and mix thoroughly. Serve in a tall glass or dainty bowl. When allowed, toasted crackers may be served with it.

### Steamed or Frothed Egg I.

One egg.

A few grains of salt.

A small piece of butter.

Have a little water boiling in a large covered saucepan. Separate the egg, beat the white to a stiff froth and heap it into an egg-cup or dainty bowl. Make a little well in the centre, drop in the yolk (whole). Place the bowl in the saucepan, cover the pan closely. Remove all from the fire and let stand five minutes. Remove the egg from the water and serve immediately with salt and butter.

### Steamed or Frothed Egg II.

Have a little water boiling in a large covered saucepan. Separate the egg, beat the white to a stiff froth, beat the yolk lightly, add it to the well-beaten white, mixing thoroughly. Heap into an egg-cup or dainty



bowl. Place the bowl in the saucepan and cover the pan closely. Remove all from the fire and let stand five minutes. Serve immediately with salt and butter.

By way of variety a few toast-crumbs may be dusted over the top of the egg.

### Poached Egg.

Select a fresh egg. First toast a slice of bread and have some water boiling in a shallow pan. Break the egg into a saucer, take the pan off the stove, and quickly slide in the egg. Finish cooking below the boiling-point, basting the yolk continually until the white is of a creamy consistency. Remove from the water with a slice or large spoon. Serve on the toast with a few grains of salt and a small piece of butter.

By way of variety the egg may be served on a layer of hot, boiled brown rice. (See page 193.)

### Soft-Cooked Eggs I.

Place one or two eggs<sup>20</sup> in a quart measure or small saucepan, pour over them a pint of *boiling* water. The eggs must be well covered with the water. Cover closely, and let them stand off the fire for from eight to ten minutes (according to the size of the eggs). Remove the eggs from the water and serve in a heated cup with a few grains of salt and a small piece of butter.

If the eggs are very cold or the room in which they are cooked, increase the quantity of boiling water or

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<sup>20</sup> If three or four eggs are desired, allow a quart of boiling water. When cooking a large number of eggs, lessen the proportion of water, or cook them in several quart measures.

pour hot water over the eggs; then drain immediately and pour over them the required quantity of boiling water. A little practice will render this method easy and the results uniform.

### Scrambled Eggs I.

Break one or more eggs into a bowl and add a tablespoonful of lukewarm water for each egg. Beat with a fork until well mixed but not frothy. Cook in a small smooth saucepan over hot water (without butter). Stir slowly until they are of a jelly-like consistency. Serve on a round of toast or hot plate. Add salt and a small piece of butter.

They may also be served in a half of a toasted roll. To add zest or flavor substitute stock for the water.

### Scrambled Eggs II.

Follow above directions, but cook the eggs in a buttered omelet-pan, stirring until of a jelly-like consistency.

### Scrambled Eggs (with Rice).

Two eggs.

One tablespoonful of boiled rice.

Two tablespoonfuls of water.

A few drops of onion-juice if desired.

Follow directions in preceding recipe, adding rice and onion-juice when eggs are mixed, but not cooked.

### Eggs Scrambled with Tomato.

Two eggs.

Two tablespoonfuls of tomato cut into small pieces.

Salt and pepper.

When possible select fresh tomatoes, put them in a colander and pour over them boiling water. Remove the skins. Cut into halves crosswise, and with a sharp knife remove all the seeds. Cut the tomato into small pieces and cook quickly until tender (about five minutes). Cool somewhat. Beat the eggs until well mixed, add the tomato, and then scramble.

### Hard Boiled Yolks of Eggs.

Have some water boiling in a saucepan, drop in the yolks whole and then simmer for fifteen minutes; drain very dry.

#### Egg Sandwich.

One thin slice of bread.  
Yolk of one egg.  
One-half teaspoonful of butter.  
Salt to taste.

Hard boil the yolk as in preceding recipe. If desired, toast the bread. Work the butter until soft; spread the bread or toast. Press the yolk through a sieve; heap on the bread. Season and serve plain or on a lettuce-leaf. If desired, another thin slice of bread or toast may be buttered and placed on top of the egg, making a double sandwich.

#### Japanese Eggs.

One-half cup of freshly boiled rice.  
One level tablespoonful of flour.  
One level tablespoonful of butter.  
Yolks of two eggs.  
One-half cup of milk.  
A grain of salt.

Hard boil the yolks; press through a sieve. Make a cream sauce by rubbing flour and butter together in a saucepan until smooth, adding the milk cold. Then take to the fire and stir in all directions until it boils. Remove from the fire and add a half-teaspoonful of salt. Pour the sauce over the boiled rice, heap over the egg, and reheat in a quick oven for two minutes.

*Or*, have a little boiling water in a saucepan, in which place a block of wood or inverted bowl to hold the saucer with the egg out of the water. Cover the saucepan closely and steam rather slowly several minutes. This may be garnished with parsley.

The yolks of eggs may also be cut into halves and arranged on the mound of rice, and finished as directed above.

### Golden-Rod Eggs.

Hard boil the yolks of two eggs (by dropping them into boiling water and letting them simmer for fifteen minutes). Drain and press through a sieve. Toast two pieces of bread; make one-half cup of cream sauce (I. or II., see page 206); pour over the toast. Then heap on the yolks, season, and stand in a hot oven for two minutes to reheat, and serve immediately. They may be garnished with parsley or celery.

*Or*, reheat by steaming as directed in preceding recipe.

### Baked Eggs.

Make a half-cup of cream sauce (I. or II.) as directed on page 206. Beat the white of one egg to a stiff froth, add the sauce, beating all the while. Put

a layer of sauce in the bottom of an individual baking-dish or cup. Drop in the yolks of one or two eggs, cover with the sauce, and place in a pan partly filled with boiling water and bake in a moderate oven ten minutes, or cover the pan closely and steam slowly six minutes.

By way of variety, dust the top with crumbs of toast or a little finely chopped parsley before baking or steaming. Serve in the cups in which they were baked.

### Shirred Eggs.

Follow directions for Steamed Eggs, placing a tablespoonful of soft bread-crumbs or freshly made croutons in the bottom of the cup before adding the egg.

### Plain Omelet.

The omelet may be made of one, two, three, or four eggs, according to the size desired.

Select a small omelet- or ordinary frying-pan. Rub a teaspoonful of salt over the pan with a piece of yellow paper until perfectly smooth. Then dust it out carefully.

Break the egg or eggs into a bowl, adding a tablespoonful of lukewarm water for each. Beat with a fork until thoroughly mixed (but not frothy). Put a small piece of butter in the pan (just enough to well butter it). Take pan and eggs to the fire, and as soon as the pan is hot, but before the butter browns, turn in the mixture. Shake the pan over a moderate fire until the eggs begin to cook. Then with a limber knife lift the cooked egg, allowing the uncooked portion to run underneath, and so continue until it is



lightly cooked. Remove from the fire, dust carefully with a few grains of salt. Fold and dish. Garnish with parsley or celery.

To vary the flavor beef-juice or stock may be substituted for the water when mixing the omelet.

### **Parsley Omelet.**

Follow the directions for making a plain omelet, adding finely chopped parsley to the mixture before cooking. Allow one-half teaspoonful of parsley for each egg.

### **Spanish Omelet.**

Add onion-juice to a plain omelet mixture before cooking in the proportion of three drops for each egg.

### **Onion Omelet I.**

Two eggs.

One or two boiled onions.

Chop or cut the onions into fine pieces, add to the eggs, and follow directions for a plain omelet.

### **Onion Omelet II.**

Two or three eggs.

One-half cup of onion sauce.

Make a plain omelet. Before folding put a tablespoonful of onion on the part that will be the lower half. Fold and dish with the balance of the onions around the omelet.

### **Tomato Omelet I.**

When possible select fresh tomatoes, wash, put them in a colander, and pour boiling water over them. Remove the skins. Cut into halves (crosswise) and with



a sharp knife remove all the seeds. Cut the tomatoes into pieces, put them in a saucepan, and cook quickly until tender (about five minutes). Season with salt and pepper, drain, and stand over hot water while you make a plain omelet. Before folding, put a spoonful of tomatoes on the part that will be the lower half. Fold and dish with the balance of the tomatoes around the omelet.

If canned tomatoes are used, drain off the liquor, free the solid portions from the seeds, and then proceed as above.

#### **Tomato Omelet II.**

Three eggs.

One-fourth cup of stewed tomatoes, or equal quantity of fresh tomatoes.

Few drops of onion-juice if desired.

Follow directions for making plain omelet, substituting the tomato for the water and cooking it with the eggs.

#### **Omelet with Rice.**

Follow directions for making a plain omelet, stirring plain boiled rice into the eggs before cooking them.

Allow one teaspoonful of rice for each egg.

If desired, a few drops of onion-juice may be added with the rice.

#### **Corn Omelet.**

Use boiled corn. Score each row of grains, and press out the centre of each with a fork or back of a knife. Make a plain omelet mixture, and for each egg add one tablespoonful of corn. Cook and serve the same as directed above.

### Bread Omelet.

Allow one teaspoonful of rolled bread-crumbs for each egg. Soak the crumbs in cold water, stock, or milk for five minutes. Drain and add to a plain omelet mixture; cook and serve as above directed.

Small pieces of toast or stale bread may be substituted for the rolled bread-crumbs.

A few drops of onion-juice may also be added with the crumbs if the flavor is desired.

### Omelet with Chicken.

Follow directions for making a plain omelet. Before cooking mix with the eggs the cold cooked white meat of chicken, finely chopped, allowing one table-spoonful of meat for each egg.

*Or*, the meat may be placed on the omelet just before it is folded. Garnish with parsley or celery.

### Omelet with Tongue.

Make the same as Omelet with Chicken, but substitute cold boiled tongue for the chicken.

Delicious omelets are also made with oysters, creamed or in brown sauce, see page 152; with chicken, creamed or in a brown sauce, see page 161; and with mushrooms, see page 180.

### Soufflé with Cheese.

Three eggs.

One-half cup of milk.

One-quarter cup of soft bread crumbs.

Four tablespoonfuls of grated cheese.

A pinch of salt.

Cook the milk and bread until smooth, stirring all the while; remove from the fire, add the yolks of eggs, cheese, and salt, mix well. Stir in the well-beaten whites, pour into a baking-dish and bake about fifteen minutes. Serve immediately.

### Omelet with Asparagus Tops.

Make a plain omelet, serve around it cooked asparagus tops, with or without a cream sauce.

### Fruit Omelet.

Make a plain omelet and fold in stewed fruit or fresh ripe fruit (that has been slightly sugared), such as sliced peaches or stoned cherries. Dust the top lightly with sugar and serve hot.

Maraschino cherries, cut or chopped fine, can also be folded in a plain omelet when there is no objection to a cordial being used.

### Omelet with Jelly.

Just before folding a plain omelet spread the upper half with jelly. Currant, grape, or crab-apple are desirable.



## SWEETBREADS.

SWEETBREADS are the pancreatic and thymus glands of the calf, and are only desirable for food so long as the calf is fed on milk. After that they change their nature.

They should be used as soon as possible, as they quickly spoil. Unless used for purée, timbale, or raw, parboil them, and they will then keep twenty-four hours longer.

In cutting sweetbreads a silver knife and fork must always be used.

### Sweetbreads Parboiled.

Select a fresh pair of calf's sweetbreads, wash them well, trim off the fat, and soak them in cold water five minutes.

Have enough water boiling in a saucepan to about cover the sweetbreads. Drop them in, bring again to boiling, then simmer fifteen or twenty minutes. Add about a level teaspoonful of salt a few minutes before removing them from the fire. Drain and save the liquor to be used as stock for sauces, etc.

Put the sweetbreads into cold water for a few minutes to cool, then remove all the pipes and membrane with a silver knife.

Unless used immediately put them in a cold place. They will now keep twenty-four hours.

### Broiled Sweetbreads.

Parboil as directed above. Then (with a silver knife) cut each sweetbread into halves lengthwise. Broil lightly and baste with a little of the water in which they were cooked. Remove from the fire, season, and spread with little pieces of butter. Serve on toast and garnish with parsley.

The toast may be softened with the heated sweetbread stock (referred to above) or a cream sauce.

### Baked Sweetbreads.

Parboil (as directed above) the round or heart sweetbread. Put in a baking-dish on a layer of parsley and celery. Cover the bottom of the pan with boiling sweetbread stock. Bake ten or fifteen minutes, basting several times. Spread with butter and serve with peas or a cream sauce. (See Creamed Sweetbreads for the sauce.)

### Creamed Sweetbreads.

One sweetbread.

One level tablespoonful of flour.

One level tablespoonful of butter.

One-fourth level teaspoonful of salt.

One-fourth cup of milk.

One-fourth cup of water in which the sweetbreads were cooked.

Parboil the sweetbread as directed above and pick into pieces. Rub the butter and the flour together in a saucepan until smooth. Add the milk and water. Stir in every direction over the fire until it comes to a boil, add seasoning and the sweetbread. Reheat over hot water. Serve plain or on toast or in a toasted bread-box. (See page 88.)

These may also be put into patty-cups or scallop-dishes, the top dusted with bread-crumbs, and placed in a hot oven for ten minutes. Remove and add a small piece of butter.

*Or*, use Cream Sauce II. or III.

### Sweetbreads à la Béchamel.

Follow the recipe for Creamed Sweetbreads, adding the well-beaten yolk of an egg and one teaspoon-



ful of finely chopped parsley just before removing from the fire.

### Sweetbreads with Chicken.

Follow the recipe for Creamed Sweetbreads, using one-half the quantity of sweetbreads and the same quantity of cooked white meat of chicken cut into small cubes.

### Sweetbread Panada.

One-half cup of parboiled sweetbread.  
 One-fourth cup of soft bread-crumbs.  
 One cup of chicken stock.  
 Salt to taste.

Nearly cover the crumbs with milk and soak ten minutes. Cut the sweetbread into fine pieces, using a silver knife and fork. Press the crumbs through a sieve and add them to the sweetbread; add the stock, and stir over the fire until it boils a few minutes; add salt, and serve in a heated bowl.

The yolk of an egg may be beaten and added just before it is removed from the fire.

### Sweetbread Purée I.

One sweetbread.  
 One cup of milk.  
 One and one-fourth cups of cold water.  
 One level tablespoonful of cornstarch or arrowroot.  
 One teaspoonful of butter or one tablespoonful of cream.  
 Salt to taste.

Wash the sweetbread well, remove the membranes, etc. Soak in cold water ten minutes; drain. Cut



fine with a silver knife and fork. Cover with the cold water, bring slowly to boiling, then simmer about twenty minutes. Press through a fine sieve. Reheat, add the arrowroot or cornstarch, which has been moistened with a little cold water. Stir until it thickens, add salt (pepper if allowed) and milk. Continue to stir until the purée is about to boil. Serve immediately with croutons or pulled bread. Add the cream or butter broken into small pieces just before serving.

A yolk of an egg may be beaten and added and one teaspoonful of finely chopped parsley.

If a stimulant is desired, add one tablespoonful of sherry wine just before eating.

#### **Sweetbread Purée II. (free from Starch and thickened with Yolks of Eggs).**

Follow preceding recipe, omitting the cornstarch or arrowroot, and after adding the milk, stir in the yolks of two or three eggs slightly beaten. Be careful it does not boil or the eggs will have a curdled appearance. Serve as above.

#### **Sweetbread Salad.**

Parboil as directed above, but simmer twenty-five or thirty minutes. Drop it into cold water, remove membranes, etc., and pull into small pieces with a silver fork.

Serve on lettuce-leaves with mayonnaise or French salad dressing.

#### **Sweetbreads served Raw.**

Wash thoroughly, soak in cold water thirty minutes. Remove all membrane and fat. Reduce to a pulp with

a silver knife on a china plate. Add an equal quantity of thick or whipped cream. Season with a little salt and pepper, also celery salt if desired.

Serve on a very tender lettuce-leaf or a thin slice of toast buttered.

### Sweetbread Timbale.

One sweetbread.

One-half cup of soft white bread-crumbs.

One-fourth cup of milk.

Whites of two or three eggs.

One-fourth teaspoonful of salt.

Wash the sweetbread thoroughly and soak in cold water fifteen minutes. Remove all membrane and fat. Reduce it to a pulp with a silver knife or fork on a china plate, or cut very fine.

Moisten the crumbs with the milk and cook until a paste, stirring all the while. Remove from the fire, add one-half cup of the sweetbread, the salt, and stir in the well-beaten whites of the eggs. Partly fill buttered tin moulds. Stand in a baking-pan partly filled with boiling water, and bake in a moderate oven fifteen minutes.

Serve with a cream sauce or sauce béchamel.



### CALF'S BRAINS.

BRAINS contain a large amount of phosphorus in an available form, and are therefore a valuable food for the nervous system.

*To prepare.*—Let the brains soak in cold water about one hour. Remove blood-vessels. Have enough water boiling in a saucepan to cover the brains, drop them in, bring water again to boiling, then simmer fifteen minutes. Add salt five minutes before removing from the fire (a sprig of parsley or a slice of onion may be cooked with the brains). Drain and, unless used immediately, place near ice.

*These may now be served any way in which sweet-breads are served.*

### Brains and Rice.

One-half cup of boiled rice.

One-half cup of boiled brains picked into small pieces.

One cup of cream or white sauce I., II., III., or IV.

A few drops of onion-juice.

Make the sauce, then add other ingredients, and bake ten to fifteen minutes.

### Brains and Fish.

Follow above recipe, substituting one-half cup of boiled fresh cod or halibut for the one-half cup of rice.



## OYSTERS.

ON account of their appetizing flavor oysters are usually relished by the sick. They are more easily digested when eaten raw, but in this way are often objected to, as the common method of fattening and keeping oysters is either at the mouths of rivers or in a tub or tank of water. Now, when typhoid or other pathogenic germs are in the water (which often

occurs, especially in some large cities), there is a possibility that they find their way to the oyster. Therefore, unless fresh salt-water oysters are obtained, it is far safer to cook them.

Most of their nutriment is contained in their albuminous juices, and must be cooked at a low temperature or they will become tough and unpalatable.

The muscular part, commonly known as the eye of the oyster, is rather difficult to digest, so it is often advisable (for children and invalids) to serve the soft portions only, which contain the stomach and digestive fluids.

It is necessary that oysters be in a fresh condition, and should be used as soon after they are opened as possible. They are only in season from September to the last of April, and should not be used for food at any other time.

*To prepare oysters*, run your finger between the gills to remove any chance pieces of shell, then place them in a strainer and pour over them a pitcher of cold water.

Always use a silver knife and fork when cutting oysters.

### Oysters served Raw.

Fresh salt-water oysters must be selected. Scrub the shells very clean; open and serve immediately on the half-shell.

### Stewed Oysters I.

Six or eight oysters.

One cup of milk.

A small piece of butter or one teaspoonful of cream.

One tablespoonful of cracker-crumbs.

A few grains of salt.

Place the milk and cracker-crumbs in a saucepan and stir over the fire until it slowly reaches the boiling-point. Drain and quickly wash the oysters with cold water, drain again, turn them into a hot saucepan and shake them over the fire until the gills turn or curl. Strain the milk and cracker-crumbs through a fine sieve, add to the oysters, season to taste with salt; add the cream or butter, and serve immediately with toasted crackers.

If desired, the flavor may be varied by adding a pinch of mace, celery, whole allspice, or a peppercorn to the cold milk.

The yolk of an egg may be lightly beaten and added just before it is removed from the fire.

### Stewed Oysters II.

Heat a cup of milk, and stir in one teaspoonful of cornstarch or arrowroot that has been moistened with a little cold milk. Then follow preceding recipe, omitting the cracker-crumbs.

### Panned Oysters.

One slice of bread.

Six large oysters.

A few grains of salt.

A small piece of butter.

Toast the bread. Drain and quickly wash the oysters in cold water. Heat a granite or aluminum saucepan, pour in the oysters and gently toss or shake over the fire, only until the gills turn or curl. Add the salt, pour the oysters over the toast, add the butter,



and serve immediately. Garnish with parsley or celery.

### Broiled Oysters.

Select large oysters in their shells, scrub them very clean. Place on a broiler with bowl-shaped side of shell down (so as to hold all the juice). Cook over a quick fire until the shells open. Remove the upper half of the shell, season with salt and a little butter. Serve immediately on the half-shell.

These may also be baked or roasted.

### Broiled on the Half-Shell.

Select large oysters, have them opened, and keep the deep half-shell of each. Scrub the shells very clean and heat them. Drain the oysters and place one on each hot shell and then broil until the gills turn or curl. Season and serve immediately.

These may also be cooked in a hot oven.

### Breaded Oysters on the Half-Shell.

Prepare oysters and shells as directed in preceding recipe. When the oysters are washed and drained, dry and season both sides lightly with salt; beat an egg (or yolk only) with a tablespoonful of warm water; dip into it each oyster, then roll the oyster in fine toast-crumbs. Place an oyster on each heated shell, baste with one or two teaspoonfuls of boiling water, and bake in a hot oven five or eight minutes. Add a small piece of butter and serve on the half-shell. Garnish with a thin slice of lemon and celery or parsley.



### Baked Oysters on Toast.

Toast a round or neatly trimmed slice of bread. Strip, wash, and drain six large fat oysters, place them on the toast in a baking-pan. Pour in just enough boiling stock or water to keep the toast from sticking to the bottom of the pan. Bake in a hot oven until the gills turn (about five minutes). Serve immediately with salt and butter.

### Creamed Oysters.

Twelve oysters.

One-half cup of cream sauce, I., II., or III.

Strip, wash, and drain the oysters as above directed. Pour them into a heated granite or aluminum saucepan and shake or toss over the fire until the gills curl. Drain, this time saving the liquor. Measure and add to the liquor thus obtained sufficient milk to make one-half cup. Rub a level tablespoonful of flour and the same quantity of butter together in a saucepan until smooth, add the liquid; stir in all directions over the fire until it comes to a boil, add a quarter teaspoonful of salt and the oysters. Reheat over hot water. Serve on toast or in a bread pâté and garnish with celery or parsley.

### Fricassee of Oysters.

Follow preceding recipe, and add the lightly beaten yolk of an egg and one-half teaspoonful of finely chopped parsley a few minutes before removing the oysters from the fire. Be careful it does not boil, or the eggs will have a curdled appearance. Serve as above.

### Scalloped Oysters.

Strip, wash, and drain six large, fat oysters. Cover the bottom of an individual baking-dish with three of them, dust lightly with salt, and sprinkle over them a layer of toast- or bread-crumbs. Make another layer of oysters, season, and repeat the layer of crumbs. Bake in a hot oven about ten minutes. Baste once with a little boiling water or oyster stock. Serve hot with a piece of butter on the top.

These may also be baked in the deep half of a shell, allowing about three oysters for each.

### Oysters à la Newburg.

Follow directions for Creamed Oysters, adding the beaten yolks of two eggs and one-half teaspoonful of finely chopped parsley when reheating the oysters. Remove from the fire and add one teaspoonful of sherry wine and serve on toast or in a heated dish.

### Devilled Oysters.

Twelve oysters.

One-half cup of milk.

One teaspoonful of finely chopped parsley.

Yolk of one or two hard-boiled eggs.

One-fourth teaspoonful of salt.

One tablespoonful of flour.

One teaspoonful of butter.

Strip, wash and drain the oysters, cut them into small pieces with a silver knife, this time saving the juice with the oysters. Rub the flour and butter together in a small saucepan until smooth, add the milk, and stir in all directions over the fire until it boils.

Press the yolks through a sieve, add the sauce, gradually stirring all the while, add the parsley, salt, and oysters. Fill the mixture into the deep half of the oyster-shells or individual baking-dishes, dust the top with crumbs, and bake in a hot oven about ten minutes. If a hot oven is not obtainable, use toast-crumbs and steam ten minutes.

### Keybotted or Club Oysters.

Six large oysters.

One teaspoonful of finely chopped parsley.

Two tablespoonfuls of finely chopped celery.

One egg.

Bread-crumbs.

Salt to taste.

Strip, wash, and drain the oysters. Beat the egg with a tablespoonful of lukewarm water. Dip each oyster first into the egg, then roll in bread-crumbs. Cover the bottom of an individual baking-dish with three oysters; dust with half the parsley and make a layer of all the celery, dust lightly with salt. Make another layer of oysters, dust with parsley and salt. Baste with a little boiling water or stock, and bake in a quick oven about ten or fifteen minutes, or until a light brown.

### Stuffed Oysters.

Eight oysters.

Two tablespoonfuls of toast-crumbs.

Two tablespoonfuls of finely chopped cooked chicken.

Yolk of one egg or one teaspoonful of cream sauce.

Salt to taste.

Select large oysters, and remove the hard part (commonly called the eye).

Mix the chicken, crumbs, egg or sauce, well together, season lightly with salt. Then fill the space in each oyster with this mixture. Beat an egg with a tablespoonful of lukewarm water, dip each oyster first in egg and then in stale bread or toast-crumbs. Dip and roll again. Scrub and heat the deep half of the oyster-shells, place an oyster on each and bake in a hot oven five or eight minutes. Add a small piece of butter, and serve on the half-shell. Garnish with parsley or celery.

These may also be cooked and served as Keybobbed Oysters instead of baked on the half-shell.

### Boiled Oysters I.

Select large fat oysters, strip, wash and drain them. Have plenty of boiling water in a saucepan, drop in about five or six oysters at a time. Cook about one minute or less, but only until the gills curl. Immediately remove the oysters with a skimmer and drain. Place them in a heated dish, dust lightly with salt, and add a small piece of butter. Serve hot.

### Oysters in a Brown Sauce.

First make one-half cup of brown sauce; brown one level tablespoonful of flour in the oven or on top of the stove, being careful it does not burn. Remove from the fire and rub it with a teaspoonful of butter, in a small saucepan, until smooth. (Chop or cut three oysters finely, add one-half cup of cold water, a few celery-seeds, an allspice, a pinch of ground mace.

Bring slowly to a boil, stirring all the while; simmer five minutes and drain.) Add a half-cup of the stock thus obtained to the flour and butter; stir over the fire in all directions until it boils, add one-eighth teaspoonful of salt and six or eight oysters (according to size) that have been washed and drained. Cook slowly, but only until the gills turn or curl.

If desired, one teaspoonful of sherry wine may be added.

Serve in a heated dish, over toast or with an omelet.

### Oyster Omelet.

Cream some oysters or cook them in a brown sauce, keep them warm over hot water while you quickly make a plain omelet; before folding, place several oysters on one-half. Dish and pour around the remaining oysters and sauce. Garnish with parsley and serve immediately.

### Creamed Oysters in a Chafing-Dish.

Twelve oysters.

One-fourth cup of milk.

One-half tablespoonful of flour.

One-half teaspoonful of butter.

Salt to taste.

Strip, wash and drain the oysters. Rub the flour and butter together in the chafing-dish until smooth, add the milk (light the lamp), and stir in all directions until it boils. Add the oysters and cook slowly until their gills curl. Season.



### Creamed Breaded Oysters.

Twelve oysters.

One-half cup of milk.

One-fourth cup of soft bread-crumbs.

One tablespoonful of flour.

One tablespoonful of butter.

One-fourth teaspoonful of salt.

Strip, wash and drain the oysters, cut them into small pieces with a silver knife, this time saving the juice with the oysters.

Rub the flour and butter together in a small saucepan until smooth, add the milk and bread, and stir in all directions over the fire until it boils. Remove from the fire, add the salt, oysters, and juice. Mix well. Fill the mixture into large oyster-shells or baking-dishes, dust with stale bread-crumbs, and cook in a moderate oven about ten minutes. Serve with a small piece of butter on the top and in the shells or baking-dishes.

A few drops of onion-juice and a pinch of mace may be added if desired when adding the salt.



### CHICKENS.

CHICKENS should be penned several days before being killed, fed on grain and water, and the last day given water only. The crop and intestines will then be empty. It will not only be more pleasant to draw them, but they will keep longer and the meat will have a better flavor.



The chickens should have firm flesh and be dry picked. To judge the age, bend the lower part of the breastbone; if soft and pliable, the chicken is young.

When purchasing it is obvious that a reliable dealer be selected.

To draw, first singe it over a gas-burner or a tablespoonful of burning alcohol (in a saucer). Paper<sup>21</sup> may be used if twisted tightly and placed in a dishpan; light it and stand to one side, turning the chicken over the flame until singed. Do it very quickly, that the outside of the chicken be not cooked at all.

Then wash it with cold water. Cut off the head with a cleaver or large knife. With a sharp knife cut just the skin at the side of the leg-joint and over the top, bend back the foot, which will loosen the ligaments on top, remove these with a wooden skewer or dull-tined fork. Then carefully cut through the tough muscle until you come to another set of ligaments; draw these out, then cut off the foot. Do the other leg in the same way. Remove the oil-sac. Cut the skin at the back of the neck and loosen the crop and windpipe. Cut off both. Make an incision at the end of the breastbone and with two fingers loosen all the intestines, pulling them out in one piece. With a sharp knife cut around the large intestine. Next, remove the lungs. Wipe the chicken inside and out with cold water.

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<sup>21</sup> The burning alcohol and paper are dangerous unless very carefully managed, as they make a larger blaze than often expected.

One chicken may be utilized for many dishes,—viz., before cooking remove the meat from the breast and use it for a purée and timbale, then use the dark meat and bones for making broth, jelly, or soup.

The whole chicken may be boiled, remove the meat, crack the bone, and make stock as directed under Boiled Chicken, use the meat for sandwich, au suprême, panada, devilled, etc.

### Spring Chicken Broiled.

Select a young chicken. Singe it carefully, remove the head and feet as directed above, and split the chicken down the back; remove the intestines, etc., and with a damp cloth wipe the chicken inside and out.

Break the breastbone so that it will lay flat. Place it on a broiler with the inside next to the fire, broil slowly about three-quarters of an hour. Just before it is done turn it and brown the skin side. Dust with salt and spread with butter. Serve on a heated plate and garnish with celery or parsley.

If broiled over a coal-fire, keep a plate turned over it all the time; but if a gas-stove is used, close the door of the broiling-oven.

Baste it several times with boiling stock or slightly salted water.

### Spring Chicken Smothered.

Prepare a chicken as above directed, lay it in a baking-pan, skin side up, just cover the bottom of the pan with boiling water, cover the pan closely, and run into a hot oven for twenty minutes, remove the cover,

and finish cooking the chicken without it, basting frequently. Season with salt and add a little butter.

A chicken may also be cooked in this manner on top of the stove if a hot oven or broiling-fire is not available.

### **Roast Chicken.**

Select a chicken about a year old. Singe, wash quickly with cold water, draw and truss. Place it in a baking-pan; put a teaspoonful of salt in one corner of the pan and just cover the bottom of the pan with boiling water. Run it into a hot oven. In five minutes baste, and again in ten minutes. Then reduce the heat slightly and cook until tender, basting every fifteen minutes. If the water evaporates, add more. Serve hot or cold. If hot, serve with a brown or cream sauce.

### **Boiled Chicken.**

Prepare a full-grown chicken as for roasting. Have some water boiling in a large saucepan. Put in the chicken, cover tightly, bring to boiling, and boil five minutes. Then simmer until tender. About a half-hour before removing it from the fire add a teaspoonful of salt, one-half cup of chopped celery-tops or one-fourth teaspoonful of celery-seed. When tender, drain the chicken, remove the meat from the bones. Crack the bones, return them to the water in which the chicken was cooked, and simmer one hour more. Drain the broth and cool quickly; when cold, remove the fat and it is ready for soup, sauces, etc. (See Chicken Stock.)

The meat may be used for sandwiches, panada, creamed, au suprême, etc.

### **Creamed Chicken.**

One cup of cooked chicken (cut into blocks).

One-half cup of cream or white sauce, I., II., III., or IV.

Preferably use the white meat of a boiled or roasted chicken. Make the sauce, and while hot add the chicken and reheat over hot water for several minutes. Serve on a heated plate, on toast, box made of bread, or half of a toasted roll.

In making the sauce, chicken stock can be substituted for half of the milk.

The hard-boiled yolk of one or two eggs may be mashed with a tablespoonful of cream to form a paste and add to the chicken just before serving by way of variety, also a small pinch of ground mace or a few drops of onion-juice. Or it may be garnished with the hard-boiled yolks of eggs pressed through a sieve and heaped over the top.

### **Chicken à la Béchamel.**

Follow the preceding recipe, adding one-half teaspoonful of finely chopped parsley and the yolk of an egg lightly beaten a few minutes before it is removed from the fire. Care must be taken that it does not boil, or the egg will have a curdled appearance.

### **Scalloped Chicken.**

Prepare a cup of creamed chicken. Turn it into a small baking-dish, dust the top with bread-crumbs and reheat in a hot oven until a light brown, or use toast-crumbs and reheat by steaming.

### Chicken Terrapin.

One cup of creamed chicken.

Yolks of two eggs.

One or two teaspoonfuls of sherry wine.

Hard boil the yolks of the eggs and press them through a sieve, add enough milk to form a paste; then mix with the creamed chicken (see preceding recipe), and when hot add the sherry wine, and serve immediately.

A pinch of ground mace may be added to the sauce.

### Devilled Chicken.

One-half cup of cooked chicken.

One level tablespoonful of flour.

One level tablespoonful of butter.

One-half cup of chicken stock or milk.

One teaspoonful of finely chopped parsley.

Yolk of one egg (hard boiled).

One tablespoonful of bread-crumbs.

One-fourth teaspoonful of salt.

Chop the chicken very fine or run it through a meat-grinder. Rub the flour and butter together until smooth in a small saucepan, add the stock and stir in all directions over the fire until it boils, add salt, chicken, parsley, bread-crumbs, and yolk of egg mashed fine. Mix well. Fill into individual dishes or cases, sprinkle lightly with bread-crumbs, and brown in a quick oven.

If desired, a few drops of onion-juice or a pinch of ground mace may be added.



### Chicken au Suprême.

One-half breast of cooked chicken.

One-half cup of cream sauce.

Remove the half breast in one piece from a boiled or roasted chicken. Pour over it the cream sauce, sprinkle lightly with rolled toast-crumbs. Reheat in a hot oven five minutes or more. Garnish with parsley or the hard-boiled yolk of an egg pressed through a sieve.

### Chicken and Mushrooms.

See page 180.

### Chicken in Brown Sauce.

One cup of cooked chicken (cut into blocks).

One level tablespoonful of browned flour.

One level tablespoonful of butter.

One-half cup of chicken stock.

One-fourth teaspoonful of salt.

A few drops of onion-juice or one teaspoonful of sherry wine.

Put the ordinary bread flour in a baking-pan and then into the oven until a light brown. Rub the flour and butter together in a saucepan until smooth, add the stock and stir over the fire until it is boiling, add the salt, chicken, and onion-juice. Reheat over hot water. If sherry wine is used, add at the last moment. Serve on a heated plate, on toast, or with an omelet, etc.

### Minced Chicken with Poached Egg (Yolk).

Prepare a half-cup of chicken with either a brown or a cream sauce and pour it over two pieces of toast.



Make two shallow wells in the centre of each and drop in the yolks of the eggs only. Run them into a hot oven for five minutes. Serve immediately.

A few crumbs of toast may be sifted over the top of the yolks by way of variety.

*Or*, separate the eggs and drop the yolks into boiling water, then let them simmer for five minutes. Carefully drain, and serve them on top of chicken and toast as above directed, but do not reheat them in the oven.

### **Chicken Sandwich.**

See page 202.

### **Chicken and Rice.**

One-half cup of browned or plain boiled rice.

One-fourth cup of cooked chicken.

Select a piece of cheese-cloth about ten inches square. Put the rice in the centre, making a round pile, one-quarter inch in thickness. Place the chicken on the rice, keeping it from the edges. Gather the corners of the cloth together and hold in the shape of a ball. Tie tightly, throw into boiling chicken stock for five minutes. Remove the cloth and serve with a sauce and garnish with hard-boiled yolk of an egg and parsley.

The rice-moulds may also be filled with devilled chicken by way of variety and then finished as above.

### **Chicken in White-Jelly.**

One-half cup of cream sauce, I. II., III., or IV.

White meat of one-half a cold boiled or roasted chicken.

One-half teaspoonful of gelatin.

Cover the gelatin with cold water and let it stand while you make a half-cup of cream sauce; then add it to the sauce and stir until dissolved; add a few drops of onion-juice. Strain, and when nearly cool pour it over the chicken, which has been cut into neat pieces or sliced and well seasoned. Serve cold on a tender lettuce-leaf or garnished with young celery.

The top may sometimes be sprinkled with rolled toast-crumbs and finely chopped parsley before the jelly has formed.

The jelly may also be cut into slices and served with thin bread-and-butter sandwiches or toast.

### Chicken in Clear-Jelly.

One-half cup of chicken stock.

One-half teaspoonful of gelatin.

One-half cup of cooked chicken.

Cover the gelatin with cold water and let it stand about fifteen minutes. Use well-flavored and seasoned stock, bring it to a boil, then add the gelatin and stir until it is all dissolved, remove from the fire and pour into a cold bowl; when cool, finish as in preceding recipe.

### Creamed Breaded Chicken.

One-half cup of cooked chicken.

One-quarter cup of soft bread-crumbs.

One-half cup of cream sauce.

One-fourth teaspoonful of salt.

Make the cream sauce (see page 206), add chicken cut into small pieces, and the soft white crumbs. Mix

well. Turn into individual baking-dishes. Dust the top with stale bread-crumbs and brown in a quick oven.

A few drops of onion-juice may be added with the chicken if desired.

### Chicken Timbale.

One-half cup of soft bread-crumbs.

One-fourth cup of milk.

One-half cup of white meat of chicken.

Whites of three eggs.

One-fourth teaspoonful of salt.

Put the meat twice through a meat-grinder or chop it very fine. Moisten the crumbs with the milk and stir over the fire until it becomes a smooth paste. Add it to the chicken, season and mix, then stir in the well-beaten whites. Partly fill buttered tin moulds. Stand them in a baking-pan partly filled with boiling water and bake in a moderate oven about twenty minutes.

Cover them with paper while baking to keep them from browning. Serve hot with a cream, parsley, or egg sauce.

By way of variety, a few drops of onion-juice and one-half teaspoonful of finely chopped parsley may be added to the raw chicken.

### Chicken Soufflé.

One-half cup of cold cooked chicken.

One-half cup of milk.

One-eighth teaspoonful of salt.

One-half teaspoonful of chopped parsley.

- One level teaspoonful of cornstarch.
- One egg.
- One tablespoonful of soft bread-crumbs.

Cook the crumbs and milk until smooth, stirring all the while, add the cornstarch, which has been moistened with a little cold water. Remove from the fire. Add the yolk of egg, parsley, chicken (which has been chopped very fine or run through a meat chopper), and salt. Then stir in the well-beaten white of egg. Pour into a well-greased baking-dish and bake in a quick oven ten minutes. Serve immediately in the dish in which it was cooked. A little mace or a few drops of onion may be added by way of variety.



## BIRDS.

THOSE having dark flesh should be served rare and those with white flesh well done. This is a general rule that applies to all birds.

### Birds Broiled.

Prepare and broil the same as directed for a Spring Chicken (page 159). Serve on toast. The toast may be softened with chicken stock or beef-juice, etc., or buttered. Allow less time for a bird to cook than a chicken (about fifteen to twenty-five minutes).

### Birds Smothered.

See directions for Smothered Chicken, allowing less time for the bird to cook. And serve it on toast as above directed.

### Birds Roasted.

Prepare as directed for chicken. Place in a baking-pan on a layer of celery and parsley. Cover the bottom of the pan with boiling water or stock and place it in a hot oven from fifteen to thirty minutes or until tender. Baste frequently. Serve on toast and season with salt. If desired, the toast may be softened with beef-juice, stock, or simply buttered. Garnish with celery.

Currant-jelly may be also used at times.

### Squabs.

Cook as directed under Birds.



## BEEF AND MUTTON.

### Scraped Beef.

SELECT one-half pound of beef from the tender side of the round. Have the meat cut into thin slices. Place on a board and scrape it lightly with a sharp knife, first on one side, then on the other, turning often, until you have the pulp of the meat separated from the tough stringy fibre. Form lightly into cakes or pats and either broil or pan broil them. Season with a little salt. Serve on a hot plate. Add a small piece of butter, and garnish with parsley, celery, or young lettuce.

A few drops of fluid beef extract may be added with the butter if desired.



*Or*, serve on a round of toast. The toast may be softened with hot beef-tea or beef-juice.

### **Beef Sandwich.**

Toast a thin slice of bread. Spread one side with beef scraped as directed above. If a gas-stove is used, broil lightly; if not, place in a hot oven a few moments until lightly cooked. Season with salt and serve on a heated plate.

A small piece of butter and, if desired, a few teaspoonfuls of hot beef-tea or beef-juice may now be added.

### **Raw Beef Sandwich.**

One-fourth pound of beef.

Two thin slices of bread or toast.

Salt or celery salt.

Select well-flavored beef and have it cut into thin slices. Scrape with a sharp knife, just removing the pulp. Season lightly. Place a thin layer between the bread or toast, which has been buttered or not as desired. Serve on a lettuce-leaf.

If desired very fine, after the meat is scraped it may be rubbed through a sieve.

### **Broiled Beefsteak.**

Select a sirloin or tenderloin steak at least one inch, or, better, an inch and a half or two inches, in thickness. Wipe with a damp cloth.

When a coal-stove is used a fire of glowing red coals is necessary. Heat a wire broiler, rub the wires quickly with a piece of suet; place the steak between it. Then hold the steak near the fire and sear it



quickly on one side, then turn it and sear the other side. Now finish the broiling slowly, turning it often. A steak one inch in thickness will require about eight minutes or less to cook; whereas allow about ten minutes if one and a half inches. When done dust on each side with salt, serve on a heated dish spread with butter. Garnish with parsley or tender celery.

When a gas-stove is used a broiler or broiling-oven is necessary. In this case light the gas and thoroughly heat the broiler. Grease as above, place the steak and put as near the flames as possible, searing on one side; then turn the steak (with a limber knife) and sear the other side. Now either reduce the heat or place the meat farther from the heat and cook slowly until done, and turning once again if a thick steak. Serve as above directed.

### **Pan Broiling.**

Heat a frying- or omelet-pan, and when very hot put in the meat. Sear on one side, then turn and sear on the other side (in turning use a limber knife or turner), and so retain all the juice possible. Finish cooking more slowly, turning the meat often.

Season and serve as directed for Broiled Steak.

The above applies to lean meat, as Hamburg steaks, etc. When pan-broiling a steak or chop (any meat with fat) finish cooking by turning every minute over a hot fire, thus preventing the fat from being rendered and frying the meat.

### **Roast of Beef.**

Select a rib roast (preferably two ribs) and place in a baking-pan, ribs down. Put a teaspoonful of

salt in one corner and pour in enough boiling water to cover the bottom of the pan. Place in a very hot oven. In ten minutes begin to baste; then again in ten minutes. Now it should be seared all over, so reduce the heat slightly and allow it to cook fifteen minutes for each pound of beef. Baste frequently. Serve on a heated plate.

If a one-rib roast is selected, place in a very hot oven as above directed, but begin basting in five minutes, then again in five minutes. Now reduce the heat slightly and only allow it to cook twelve minutes for every pound.

If the water evaporates from the bottom of the pan, add more boiling water.

### Hamburg Steaks.

Select a half-pound of beef from off the round, remove all fat and gristle; run it twice through a meat-chopper or chop it very fine. Season lightly with pepper.

Moisten the hands with cold water and gently shape the meat into several round cakes or steaks. Broil or pan broil them as directed. Season with salt and serve plain or with a brown or tomato sauce.

If desired, a few drops of onion-juice may be added to the chopped meat.

### Mutton-Chops Broiled.

Have the chops cut at least one inch, or, better, an inch and a half, in thickness. Broil exactly the same as directed for beefsteak. When serving, the butter may be omitted.

### French Chops.

Trim all the meat and fat from the bone of a rib chop except the large muscle at the thick end. Broil as directed above.

### Boiled Mutton.

Select a leg or shoulder of mutton. Wipe it carefully with a damp cloth. Dust thickly with flour, wrap it in a piece of cheese-cloth, tie. Place it in a kettle of boiling water and boil rapidly five minutes; then simmer until done, allowing it to cook twenty minutes to each pound. Add one teaspoonful of salt fifteen minutes before removing it from the fire.

### Roast of Mutton.

Follow directions for a Roast of Beef, allowing it to cook fifteen minutes for each pound.

### Mutton Stew.

Two chops (one-half pound), or upper part of rack.  
One quart of water.  
Two toasted crackers.  
Three-fourths cup of diced potatoes.  
One teaspoonful of cornstarch.  
Salt and pepper.

Remove the outside skin and fat from the chops, also the large muscle at the thick end. Crack the bones and cut the meat trimmings left on the bones into small pieces. Cover the bones and trimmings with cold water; bring slowly to a boil and simmer about two hours, or until reduced to one pint. Strain and cool

quickly. When cold, remove all fat. Reheat, and when boiling add the meat (the large muscles) cut into several pieces and simmer until tender, add one-half teaspoonful of salt and a dash of pepper.

Moisten the cornstarch with a little cold water, add to the stew, and stir until it thickens. Now add the diced potatoes, which have been freshly boiled, and simmer about five minutes longer.

If desired, add a few drops of onion-juice. Serve with toasted crackers.

### Boiled Bacon.

Wash a piece of bacon well in cold water. Cover with fresh cold water, bring to boiling, then simmer fifteen or twenty minutes for each pound. Drain, and serve in thin slices.

### Broiled Bacon.

Cut the bacon into very thin slices, trim off the outside skin. Place between a wire broiler (if coal stove is used) and broil over a moderate but clear fire from two to three minutes, turning several times (care must be exercised that the bacon is not charred or burned, but crisp and brown). *If gas range is used*, place bacon on the broiler and place under flame, with a knife turn several times. Serve immediately.



## FISH.

### Broiled Fish.

SELECT blue-fish, shad, fresh mackerel, trout, etc. Be sure all the scales are removed, and have the fish

split down the back and cleaned. Wash quickly in cold water. Rub a broiler with suet; put on your fish and broil the same as steak, exposing the flesh or inside to the fire first. Remove from the fire, season with salt, and serve on a hot plate with a small piece of butter spread over it. Garnish with parsley and lemon.

If a gas-stove is used: Heat a plank of hard smooth wood, such as oak or hickory, about two inches in thickness. Place the fish, skin side down, on the board. Put under the broiler or in the oven. Cook at a high temperature for the first five minutes, then reduce the heat and cook slowly until done. Baste several times with slightly salted boiling water. Serve from the plank on which it was cooked. Season lightly with salt and spread with butter. Garnish with parsley and slices of lemon.

This method is called planking.

### **Baked Fish.**

Select a white-fleshed fish, free it from scales and have it drawn from the gills. Wash quickly in cold water. Place in an enamel- or agate-ware baking-pan (if iron pan is used place yellow or white paper under fish), dust with pepper, and just cover the bottom of the pan with boiling water. Add a teaspoonful of salt in a corner of the pan. Bake in a hot oven, basting every ten minutes. Add more boiling water when it evaporates. Bake fifteen minutes for each pound. Dish carefully and serve with a cream or egg sauce. Garnish with parsley and slices of lemon.



### Boiled Fish.

Prepare a fish as for broiling or baking. Drop it into boiling water, then simmer until tender, allowing ten minutes for each pound. When nearly done add salt. Drain, and serve with a cream sauce, sauce Hollandaise, or egg sauce.

If boiling a large fish, wrap it in one thickness of cheese-cloth so it can be removed without breaking.

To vary the flavor, add to the water before adding the fish a slice of onion, a small bay-leaf, or blade of mace.

### Smelts.

Prepare the same as a large fish, and broil or plank for a few minutes.

### Creamed Fish.

One-half pound cooked (white) fish.

One-half cup of cream or white sauce, I., II., III., or IV.

Preferably select sea-bass, rockfish, trout, etc. Boil or bake as directed in preceding recipes. Pick into pieces, removing all bones and skin. Make the sauce, add the fish, and reheat over hot water. Garnish with parsley or yolk of egg.

### Scalloped Fish.

Follow the preceding recipe, putting the fish and sauce into a baking-dish, dusting the top with bread-



crumbs, and place in a hot oven to reheat (about five minutes).

Garnish with finely chopped parsley or the hard-boiled yolk of an egg pressed through a sieve, or both.

### **Fish à la Béchamel.**

Follow the recipe for Creamed Fish, adding the lightly beaten yolk of one egg and a teaspoonful of finely chopped parsley just before removing it from the fire.

### **Fish and Rice.**

Follow any of the above recipes, using half the quantity of halibut and an equal quantity of plain boiled rice.

### **Fish Pudding.**

One-half cup of cooked fish.

One-half cup of milk.

One egg.

One-fourth level teaspoonful of salt.

A few drops of onion-juice if desired.

Select any white fish, as halibut, cod, trout, etc., which has been boiled, baked, or broiled. Pick it into small pieces and free it from bones. Beat the egg until light, add the milk, fish, and seasoning. Bake about fifteen minutes.

### **Fish Timbale.**

One-half cup of raw fish.

One-half cup of soft bread-crumbs.

One-fourth cup of milk.

One-fourth teaspoonful of salt.

Whites of three eggs.

For these use a good white fish, such as halibut. Remove all bones and skin. Pick into fine pieces and then measure a half-cup.

Put the milk and crumbs into a small saucepan and stir over the fire until it is a smooth paste. Remove from the fire. Cut or chop the fish very fine with a silver knife, add it to the milk and bread, also add the salt. (If desired, a pinch of mace, a few drops of onion-juice, or a half-teaspoonful of finely chopped parsley may be added). Beat the mixture with a silver fork and stir in the well-beaten whites of eggs. Partly fill buttered tin moulds. Place them in a baking-pan partly filled with boiling water and bake in a moderate oven fifteen or twenty minutes.

Garnish with parsley and hard-boiled yolk of an egg pressed through a sieve. Serve with a cream sauce.

### Fillets of Fish.

Select a slice of halibut about one inch in thickness. Boil as directed. Drain very dry. Cut into pieces. When cold dip in the yolk of two eggs which have been slightly beaten with a tablespoonful of water, then in crumbs of toast, dip again in egg and then in crumbs. Heat in a hot oven about five minutes.

Serve with a small piece of butter on the top of each and a cream sauce. Garnish with parsley and slices of lemon.

Put a little boiling water in the bottom of the baking-pan to keep the fillets from burning, and baste (while cooking) once or twice.

The fillets may be dipped in a cold cream sauce and

then into crumbs if desired instead of the egg and crumbs.

If a hot oven is not obtainable, reheat by steaming.

### Fish à la Crème.

- One cup of pieces of cooked fish.
- One teaspoonful of chopped parsley.
- One-fourth teaspoonful of salt.
- Yolk of an egg.
- One cup of cream sauce.

Make the cream sauce, beat the yolk until light, add to the sauce also the parsley and salt. Put a layer of this sauce in a baking-dish, then a layer of fish, and so on, having the last layer sauce. Dust the top with bread-crumbs and brown in the oven. Serve in the same dish. This may also be baked in individual dishes.

### Salmon à la Crème.

Select fresh salmon and follow recipe for Creamed Halibut.

### Devilleed Fish.

- One-half pound of cold boiled fish.
- One-half cup of milk.
- Yolks of two eggs.
- A few drops of onion-juice.
- One tablespoonful of flour.
- One-half tablespoonful of butter.
- One teaspoonful of chopped parsley.

Hard boil the yolks of eggs and press them through a sieve. Pick the fish into small pieces.

Rub the butter and flour together in a saucepan and add the milk cold, stir in all directions over the fire until it boils. Remove from the fire, add the fish, yolks, one-fourth teaspoonful of salt, a dash of pepper, parsley, and onion-juice. Fill individual baking-dishes or shells with this mixture, brush the top with a lightly beaten yolk of an egg, dust with fine bread-crumbs, and run into a hot oven for five minutes, or use toast-crumbs and heat by steaming.

### Moulded Fish.

Boil fish as above directed. Pick into pieces. Butter a china baking-cup. Mix the fish with just enough cream sauce to hold it together, partly fill the cups with this mixture. Place in a baking-pan partly filled with boiling water and reheat in a hot oven (five minutes). Turn carefully from the mould and serve immediately with a cream sauce or sauce Hollandaise which you have made and kept hot over water.

Garnish with finely chopped parsley and a hard-boiled yolk of egg pressed through a sieve.



### MUSHROOMS.

HOTHOUSE or fresh mushrooms should only be purchased from a reliable dealer, unless the purchaser or cook is familiar with the different varieties to know which are edible, as some are poisonous.

They should not be peeled, as much of the flavor would then be lost, but must be well washed in several

cold waters, tossing them up and down to be sure nothing is lodged in the gills. Drain and cook whole or in slices, as desired.

Mushrooms are usually about ninety per cent. water, and are valuable on account of their agreeable flavor, and form a pleasant combination with chicken, sweet-breads, eggs, etc.

Care must be exercised that they are cooked slowly, or they will be rendered tough and indigestible and their flavor lost.

If canned mushrooms are used they only require to be reheated. They have already been cooked, and much heat would render them tough. The flavor is inferior to the fresh mushrooms.

### Mushrooms in a Cream Sauce.

One-half cup of mushrooms.

One-half cup of milk.

One-half tablespoonful of flour or cornstarch.

One-half tablespoonful of butter.

One-fourth teaspoonful of salt.

Wash the mushrooms thoroughly in cold water, drain. Do not peel, cut them into slices (up and down with the gills).

Put the butter in a saucepan, and when melted (not browned) add the mushrooms, dust with the salt and cook slowly about five minutes or until tender.

Add the milk gradually to the flour or cornstarch, stirring all the while until smooth. Add to the mushrooms and stir until it boils. Serve on toast or as a sauce for chicken, steak, omelet, etc.



**Mushrooms in a Brown Sauce.**

One-fourth pound of mushrooms.

One tablespoonful of butter.

One-fourth teaspoonful of salt.

Put the butter in a saucepan, when melted (not browned) add the mushrooms, dust with salt, stir and cook slowly about five minutes or until tender.

Serve on toast or as a sauce for chicken, Hamburg steak, etc.

**Broiled Mushrooms.**

Select large mushrooms, wash them well, remove the stems, dust lightly with salt and pepper. Broil lightly until tender. Serve on toast with a small piece of butter.

**Baked Mushrooms.**

Prepare as above directed, then bake in a moderate oven about ten minutes or until tender. Baste twice with hot chicken stock.

**Mushroom Soup I.**

One cup of mushrooms.

One cup of chicken stock.

One cup of milk.

One tablespoonful of cornstarch.

One teaspoonful of butter.

Yolk of one egg.

One-half teaspoonful of salt.

Wash the mushrooms thoroughly in cold water. Do not peel, cut them into thin slices (up and down with the gills).

Put the milk and stock in a double boiler, and when



hot add the mushrooms and salt. Cook slowly about five minutes or until tender, then stir in the cornstarch, which has been moistened with a little cold water. Cook several minutes, then add the yolk of egg lightly beaten. Serve with croutons and the butter broken into small pieces.

If desired, the soup may be pressed through a fine sieve just before the yolk of egg is added.

### Mushroom Soup II. (thickened with Yolks of Eggs and free from Starch).

Follow preceding recipe, but omit the cornstarch, and add the yolks of three eggs instead of the one yolk.

### Mushroom Soup III.

Follow directions for "Mushrooms in a Cream Sauce," using double the quantity of milk or the equivalent of chicken stock.



## VEGETABLES.

### Green Vegetables, or those that grow above the Ground (Boiled).

ONLY fresh, *unwilted* vegetables should be used. Wash well in cold water. Have fresh water boiling in a saucepan. Add one teaspoonful of salt to each quart of water. In a few minutes add the vegetables, bring the water again to boiling, then boil very slowly until tender; *i.e.*, the water should only have slight motion. Drain and serve.

This rule applies to asparagus, corn, young peas, Lima beans, string-beans, celery, kale, spinach, tomatoes, etc.

By way of variety, all of these vegetables may be served with a cream sauce, made as follows:

### Cream Sauce I.

Rub one level tablespoonful of butter and the same quantity of flour together in a small saucepan. Add one-fourth cup of milk and one-fourth cup of water (except asparagus, spinach, and tomatoes) in which the vegetable was cooked. Stir in all directions over the fire until it comes to boiling, add one-eighth level teaspoonful of salt and a dash of pepper.

### Cream Sauce II.

Put one-fourth cup of milk and same quantity of water in which the vegetable was cooked into a small saucepan, and when boiling stir in a level teaspoonful of cornstarch or arrowroot that has been moistened with a little cold water. Cook for a minute, remove from the fire, and add a small piece of butter, one-eighth level teaspoonful of salt, and a dash of pepper.

### Cream Sauce III. (thickened with Egg).

Follow directions in preceding recipe, omitting the starch and adding the slightly beaten yolk of one egg. Finish as above, being careful that the sauce does not boil after the egg is added, or it will have a curdled appearance.

### Asparagus.

Pare or scrape the lower part of the stems, wash well in cold water, and tie into bundles, placing the heads all one way. Cook as directed above under Green Vegetables.

Asparagus may also be served on toast with a cream sauce or simply buttered.

### Spinach.

Cut off the leaves and throw into cold water. Toss up and down several times, then drain and place them in another pan of fresh water. Repeat this washing several times, making sure you have removed all the dirt and sand. Drain, and throw them into a large saucepan containing just enough water to cover the bottom. Sprinkle salt over the spinach, cover the saucepan, and cook six to ten minutes. Drain very dry. Cut fine with a silver knife and fork, serve hot with small pieces of butter broken over the top and a hard-boiled yolk of egg rubbed through a sieve.

### Moulded Spinach.

Follow the preceding recipe for cooking the spinach, and when it is chopped fine press into heated baking-cups or moulds that you have buttered. Turn out on your serving dish and garnish with the hard-boiled yolk of egg pressed through a sieve.

If cold, reheat the spinach by placing the cups in a pan containing boiling water and then into a hot oven for five minutes.

### Cream of Spinach Soup.

See page 110.

### Boiled Corn.

Corn is at its best when cooked as soon as possible after it is picked, as it soon loses its sweetness. Select young ears, remove the husks and every thread of the silk. Drop into boiling salted water and boil until tender (from five to ten minutes). Drain and serve.

### To Eat Corn.

Score every row of grains with a sharp knife, spread lightly with butter, and with the teeth press out the centre of the grain, leaving the hull on the cob. This way it is safe for an invalid to eat, as the hull is the only part which is indigestible.

### Corn baked in the Husk.

Put the ear of corn, husks and all, into a hot oven and bake until tender (about fifteen or twenty minutes). Remove the husks and silk, score, and serve with butter and salt.

Corn is much sweeter cooked in this manner.

### Corn Pudding I.

Two ears of corn.

One egg.

One-half cup of milk.

A pinch of salt.

Beat the egg until light, add the milk, salt, and grated corn. Pour into a baking-dish and bake until a custard has formed.

### Corn Pudding II.

Two ears of corn.

One egg.

A pinch of salt.

Remove husks and silk from the corn. Score each row of grains, and press out the centre of the grain with a fork or the back of a knife. Separate the egg. Add the yolk and salt to the corn. Beat the white to a stiff froth, mix all together and pour into a small baking-dish and bake about fifteen minutes.

If boiled corn is used, it will be baked in ten minutes.

### Corn Cakes.

Follow the above recipe, but drop the corn mixture by spoonfuls on a hot (ungreased) soapstone griddle and bake until brown, then turn and brown on the other side. Serve hot with a small piece of butter on each.

### Tomatoes served Raw.

Select two firm, red, ripe tomatoes, place in a colander and pour boiling water over them. Then carefully remove the skins. Cut a slice from the bottom of each and with a small, sharp knife remove all the seeds. Chop one tomato rather fine and fill into the hollow portions of the other. Chill on the ice and serve with French salad dressing or mayonnaise. Garnish with a lettuce-leaf.

### Panned Tomatoes.

Prepare two tomatoes as above directed, dust lightly with pepper and salt and place in a small baking-pan,



cover the bottom of the pan with boiling water and bake in a hot oven ten minutes. Serve with a small piece of butter on the top or with a cream sauce.

### Stuffed Tomatoes.

Follow preceding recipe, filling the tomatoes with small pieces of stale bread or, preferably, with toast, season lightly with salt, and if desired add a few drops of onion-juice. Bake and serve as above directed, basting, once or twice.

### Stewed Tomatoes.

Select fresh tomatoes, remove skins and seeds as above directed. Cut into small pieces. Place in a saucepan and cook as quickly as possible until soft (about five minutes). Season with salt and pepper. Serve hot with a small piece of butter on neatly cut slices of toast, or drain and serve on a hot saucer. Cooked thus (quickly), they will not taste acid. *Never use sugar.*

### Scalloped Tomatoes.

Skin, remove the seeds, and cut ripe tomatoes into pieces as directed in preceding recipe. Select a small or individual baking-dish, cover the bottom with pieces of tomato, add a layer of small pieces of toast or stale bread, then another layer of tomatoes, dust with salt or pepper. Bake in a hot oven ten or fifteen minutes. Serve with a small piece of butter broken over the top.

If desired, a few drops of onion-juice may be added before cooking.

### Green Peas.

Remove them from their pods just before using and cook as directed under Green Vegetables.



When cooked, they may also be pressed through a sieve when the skins are objectionable.

### **Lima Beans.**

Select small, tender, and young lima beans. Remove from their shells and boil as directed above. When eating, reject the skins or slip them off just before serving.

### **Boiled Onions.**

Remove the dry outside skin and cook until tender, as directed for Green Vegetables. Serve with butter or a cream sauce.

### **Baked Onions I.**

Select large new onions and bake in their skins in a hot oven one hour. Remove skin and serve immediately with a little salt and butter.

### **Baked Onions II.**

Boil a medium-sized onion, and when nearly done drain, and place it in a small baking-dish and pour over one-half cup of cream sauce or boiling water. Bake about twenty minutes or until very tender.

### **Devilled Onions.**

One-half cup of boiled onions.

One-half cup of cream sauce.

Yolk of one egg (hard-boiled).

Chop the onions rather fine, mash the yolks and add the sauce, slowly stirring all the while; add the onions, pour into a baking-dish, dust the top with stale bread crumbs, and bake fifteen minutes.

### **Cooked Cucumbers.**

Remove the green rind, cut into quarters lengthwise. Remove the seeds and cook as directed under Green Vegetables. Serve with a cream sauce.

### **Stewed Celery.**

Scrape and wash the stalks in cold water. Cut into pieces about one inch long. Drop into boiling salted water (add one teaspoonful of salt for each quart of water), and let the water again come to a boil and boil slowly until tender. Serve in a cream sauce.

### **Brussels Sprouts.**

Pick off all the dead leaves from the sprouts. Wash well in cold water. Cook and serve the same as stewed celery.

### **Savoy Cabbage.**

Remove the outer leaves from the cabbage; cut into rather small pieces and boil gently until tender. Serve with a little butter or a cream sauce.

### **Baked Potatoes.**

Select medium-sized potatoes. Scrub them thoroughly in cold water. Bake them in a hot oven until soft (about forty-five minutes). Then remove from the oven and gently roll in a cloth between the hands to make them mealy. Be careful not to break the skins. Open just before eating and serve with salt and butter. They must turn out white, dry, and mealy.

### **Stuffed Potatoes.**

Two medium-sized potatoes.  
One egg.

A pinch of salt.

One teaspoonful of hot milk.

Bake the potatoes as directed in preceding recipe. When done cut into halves. Scoop out the potato into a hot bowl, add salt and hot milk, and beat with a fork until light. Beat the white of egg to a froth, add the potatoes. Fill the skins with this mixture, heaping it on the top; brush them with the yolk of an egg and brown in a quick oven. Serve in the skins.

### Boiled Potatoes.

Wash well and pare, cover with boiling water and boil until tender. Just before they are done pour in a cup of cold water, bring again to boiling (this will drive the heat to the very centre of the potatoes and make them mealy). Drain and dust with salt. Serve very hot with a little butter.

### Grilled Potatoes.

Boil a large white potato until soft, drain, and season lightly with salt. Cut into slices about three-eighths of an inch in thickness. Broil rather slowly until they become a golden brown, serve hot with a little butter and more salt if desired.

### Creamed Potatoes.

Two potatoes.

One level tablespoonful of flour.

One level tablespoonful of butter.

One-half cup of milk.

A dash of pepper.

A pinch of salt.

One-half teaspoonful of finely chopped parsley.

Boil the potatoes and cut into thick slices or tubes. Rub the butter and flour together in a small saucepan. Add the milk and stir (in all directions) over the fire until it comes to a boil, add salt and parsley, then the potatoes. Reheat over hot water.

### Scalloped Potatoes.

Follow the recipe for Creamed Potatoes. Put the sliced potatoes in a baking-dish. Cover them with the cream sauce. Dust the top with fine bread-crumbs and put in a hot oven about ten minutes.

Serve in the dish in which they were cooked.

### Mashed Potatoes.

Boil the potatoes as directed above, and when drained very dry mash them in the pot in which they were cooked. Add a small piece of butter and beat with a fork until very light, adding a little hot milk slowly. Keep warm over hot water, as they must be served while hot.

Allow one teaspoonful of butter and two tablespoonfuls of hot milk for each cup of potato.

### Baked Mashed Potatoes.

Fill a baking-dish with mashed potatoes. Brush the top with milk or the beaten yolk of egg and bake in a hot oven until a golden brown (about ten minutes).

Serve in the dish in which they were cooked.

### Potato Puff or Soufflé.

One cup of hot mashed potatoes.

The white of one egg.

Beat the white of egg to a stiff froth and stir gently into the mashed potatoes. When well mixed heap in a small baking-dish, brush with milk or yolk of egg, and put in a quick oven to brown.

### Squash.

Cut a squash into eighths, then remove the skin and seeds. Steam until very tender, dust with salt, mash fine, and drain. Serve with butter, or stir in a little cream sauce (allow one tablespoonful of sauce for each cup of squash and reheat over hot water).

Squash may also be cooked in water as directed under Green Vegetables, drained very dry, and served as above.

A pinch of mace may be added if desired.

### Jerusalem Artichokes.

Scrape and throw immediately into cold water as you finish each one. Cut in slices and drop into boiling water; boil slowly about twenty minutes or more. Drain, and serve with a cream sauce.

### Green Peppers and Rice.

Select green, sweet peppers, cut into halves and remove the seeds; cook until tender in boiling salted water, drain, and fill with plain or savory rice. Serve hot.

*Or*, remove a slice from the bottom of each pepper, remove seeds, etc., serving as above.



### Sweet Peppers.

Cook until tender, as directed above, and serve in a cream sauce. Just before serving cut them into small pieces.

### Boiled Rice.

One tablespoonful of rice.

One pint of boiling water.

One-fourth level teaspoonful of salt.

Wash the rice quickly in cold water. Have the water boiling in a saucepan, add the salt and sprinkle in the rice slowly. After all the rice is in the water, give it a twirl with a fork, then do not stir again. Boil rapidly until soft (twenty or thirty minutes). Pour into a colander to drain, and when possible stand it in the oven for several minutes to dry, leaving the door wide open.

### Browned Rice.

Put some rice in a baking-pan (scarcely covering the bottom of the pan). Toast in the oven until a light brown. Boil as directed in preceding recipe, and serve as a vegetable, etc.

### Savory Rice.

Put two tablespoonfuls of boiled rice (either browned or plain) in a warm saucer and pour over it one tablespoonful of beef-juice diluted with one tablespoonful of water, or the same quantity of dish gravy (free from fat) from a cut roast of beef or mutton.



**Rice Cooked in Chicken Stock.**

One-fourth cup of rice.

One-fourth teaspoonful of salt.

One quart of chicken stock.

Wash the rice thoroughly in cold water, drain, and boil in stock until tender.

**Hominy Vegetable Pudding.**

One-half cup of cooked hominy grits.

One-half cup of milk.

One egg.

Beat the egg until light, add the milk and hominy. Mix well, then bake about twenty minutes or until a custard has formed.

**Farina Vegetable Pudding.**

One-half cup of cooked farina.

One-half cup of milk.

One egg.

Follow directions in preceding recipe.

**Macaroni.**

Drop short lengths of macaroni into boiling stock or boiling salted water (allow one teaspoonful of salt for each quart of water) and boil until tender. Drain, cut into rings about one-fourth inch wide. Place in a double boiler and cover with a cream sauce (I. or II.), tomato sauce, or stock, and simmer about twenty or thirty minutes (do not stir). Add a few bread or toast-crumbs and serve hot.

### Macaroni Baked.

Follow above recipe, but reheat by placing it in a baking-pan. Put the crumbs over the top, and then into a moderate oven for twenty or thirty minutes.

A few drops of onion-juice may be added to the sauce.

Macaroni may also be boiled in stock, preferably chicken, and then finished as above.

### Macaroni with Cheese (see page 280).

### Vermicelli.

Break the vermicelli into short lengths and drop them into boiling salted water or well-seasoned stock (preferably chicken) and boil fifteen minutes. Drain, turn into a dish, and dust lightly with toast-crumbs.

*With Cream Sauce.*—Plain boil the vermicelli, drain, and cover with a cream sauce (I. or II.). Dust with toast or stale bread-crumbs. Reheat about ten minutes either over hot water or in the oven.

A few drops of onion-juice may be added to the sauce.

*With Tomato Sauce.*—Substitute tomato sauce for the cream sauce and follow preceding recipe.

### Spaghetti (see pages 279, 280).

Macaroni, spaghetti, and vermicelli are made from wheat and rich in gluten. They differ in size and form only. Spaghetti and vermicelli have an advantage in being cooked in a shorter time than macaroni.

### SALADS.

SALADS are divided into two classes: first, the vegetable salad, served with a French dressing, and second, the meat or meat and vegetable, served with a mayonnaise dressing.

The first are simple salads and very wholesome. The green vegetables contain the salts necessary for our blood, and the olive oil is an easily digested fat. These should be served with the meat course or just after it with a nicely toasted cracker. The second class should be served as the principal dish of a meal.

All salads should be daintily served and never mixed with their dressing until serving time. The green vegetables must always be carefully washed in cold water, as they frequently contain little green bugs in their creases or folds that are not easily seen. This is especially true of lettuce and cress. Also each salad leaf must be dry; either place it in a double wire basket or fold it loosely within a napkin or piece of muslin and centrifugate or shake it until dry.

#### French Salad Dressing.

Four tablespoonfuls of olive oil.

One tablespoonful of lemon-juice or vinegar.

One-fourth level teaspoonful of salt.

A dash of pepper.

Select a small cruet or bottle with a glass stopper. Put in all the ingredients, then shake vigorously for a minute or two and it is ready for use. The oil and bottle must both be cold.

If a bottle is not available put the oil in a saucer with the salt, and then add the lemon-juice, gradually beating all the while.

The bottle is by far the better method, and if not all used, the dressing may be kept for another time. Keep in a cool place and shake again before using.

A few drops of mint or onion-juice may be added.

French dressing is served on all green vegetables, celery, and tomatoes.

### Mayonnaise Dressing.

Place two eggs, a bottle of oil, and a soup-dish or bowl on the ice an hour before using them. Separate the eggs, using the yolks only. Place them in a dish, add a quarter teaspoonful of salt and a dash of pepper, mix slightly, then add the oil drop by drop, beating all the while, using a silver or wooden fork, or rub smooth with a limber spatula.

When thick add a few drops of lemon-juice, then oil, and so on until you have the desired quantity of dressing.

Instead of using both yolks raw, one may be hard boiled and then cooled and stood near the ice for an hour. Mash fine and mix the raw yolk with it and proceed as above. It is then easier (especially for a novice) to handle.

By way of variety add a few drops of mint or onion-juice, and to each gill of dressing add a tablespoonful of plain or whipped cream just before serving and the hard-boiled yolks of one or two eggs that have been pressed through a sieve and rubbed smooth. The cream, and especially the hard-boiled yolks of eggs, will remove the extreme oily taste objectionable to some people, and especially to those not accustomed to mayonnaise.

The extra hard-boiled yolks of eggs are also an advisable addition in warm weather, otherwise the dressing is apt to run even while being served.

Mayonnaise dressing is a heavier food, and is served on chicken, sweetbreads, etc., and sometimes on lettuce, celery, and tomatoes.

### **Lettuce Salad.**

Choose the crisp centre leaves of a head of lettuce. Wash them thoroughly in several waters. Let stand in ice-cold water ten minutes or more. Drain very dry (if at all wet, the dressing will not cling to it). Place in a deep bowl, pour over them French salad dressing, and gently turn and toss until the leaves are all covered. Serve on a plate.

If the outer leaves are used, after washing and removing all bruised and discolored parts, tear them into pieces with the fingers, rejecting the middle rib, then serve as above.

### **Watercress Salad.**

Choose young cress, and wash it thoroughly in several cold waters, removing any discolored leaves. Drain very dry. Place in a deep bowl, pour over it a French salad dressing, and gently turn and toss until all is covered. Serve on a plate either with or without a lettuce-leaf.

### **Celery Salad.**

Choose the inner and white stalks of celery, wash thoroughly, then cut into pieces, crosswise, drain, and cover with a French dressing. The celery may also be served on a lettuce-leaf.



Mayonnaise dressing is sometimes used instead of the French dressing.

### **Fringed Celery Salad.**

Prepare the celery as above, but cut it into pieces two inches long. Then slice each end about three-fourths of an inch deep, then cut again at right angles. Throw these into ice-water for an hour and each end will be curled. Drain carefully and serve as above directed.

### **Asparagus Salad.**

Boil asparagus until tender. When cold remove the tips and serve them with French dressing on a lettuce-leaf.

### **Tomato Salad.**

Select two round ripe tomatoes. Put them in a sieve, pour boiling water over them, then remove the skins, cut a slice off the stem end and with a small sharp knife remove all the seeds. Chop or cut one tomato rather fine and fill it into the hollow parts of the other tomato. Stand in a cold place until serving-time, then pour over it a spoonful or more of French dressing. Serve on a lettuce-leaf.

If desired, the tomato may be cut into slices and then the hollow parts filled in.

### **Tomato and Celery Salad.**

Prepare one tomato as directed in preceding recipe and fill in the hollow parts with finely chopped celery. Serve and garnish as directed above.



### Chopped Tomato Salad.

Prepare a tomato as directed under Tomato Salad, cut it into rather fine pieces, and serve on one or two tender lettuce-leaves with a French or mayonnaise dressing.

### Egg Salad.

Hard boil the yolks of two eggs and press them through a sieve, or cut into small pieces. Select two tender lettuce-leaves, lap one half-way over the other to form a cup. Heap the egg lightly in the centre, dust with salt, and pour over all a French dressing.

### Daisy Salad.

Select the tender, inside stalks of celery. Wash and cut them into two-inch lengths, then into strips, cover them with French dressing and arrange them on a plate or flattened lettuce-leaf in a circle to imitate the petals of a daisy. Fill in the centre with the hard-boiled yolks of one or two eggs that have been pressed through a sieve, dust lightly with salt, and add more French dressing.

### Cabbage Salad.

Select a hard head of cabbage. Cut into halves with a sharp knife, slice or shred very fine the desired quantity. Throw it into ice-water for about fifteen minutes, drain very dry, and cover with a French dressing. Serve immediately on a plate or lettuce-leaf.

### Bean Salad.

Select your Lima or string beans. Cook until tender, as directed under Green Vegetables. When cold serve with a French dressing.

### Green Pea Salad.

Follow directions for Bean Salad.

### Beet Salad.

Boil young beets until tender; remove skin, slice, and cover with vinegar. Let stand until cold. Then chop a few slices rather fine. Heap on lettuce leaves, and serve with a French dressing.

### Chicken Salad.

Cut cold roasted or boiled chicken into blocks. Preferably use the white meat only. At serving-time cover each piece with mayonnaise dressing and arrange neatly on one or two lettuce-leaves.

A little finely chopped celery may be covered with a French dressing and added to the chicken if desired.

Garnish with the heart of a head of lettuce, celery, or the hard-boiled yolk of an egg pressed through a sieve.

### Sweetbread Salad.

See page 146.



## SANDWICHES.

PREFERABLY select bread a day old. It should be cut into thin even slices and neatly trimmed, either square, round, oblong, or triangular.

The bread may also be toasted and then slightly softened with cream, beef-juice, or stock, according to the kind of sandwich and the nutriment required.

The butter should be worked with a fork or wooden spoon until soft and creamy. It will then spread easily and without crumbling the bread.

Sandwiches are subject to many variations, and can be made attractive and appetizing to the most fastidious. They often form a pleasant change for an invalid's lunch or supper.

*Open Sandwiches* are made with one slice of bread only, spread with butter and a layer of meat, eggs, or celery, etc., and are served with a fork.

*Double Sandwiches* are made the same as the open sandwiches with a second slice of bread placed over the top.

Sandwiches may be garnished or served on a lettuce-leaf or shredded lettuce which has been covered with a French dressing.

### **Chicken Sandwich.**

Preferably use the white meat of cold cooked chicken. Slice it thinly or chop it fine. Then follow directions for making either an Open or Double Sandwich. Garnish with the hard-boiled yolk of an egg (pressed through a sieve), or chopped celery and mayonnaise, by way of a variety.

The bread may be toasted or not as desired.

### **Creamed Chicken Sandwich.**

Follow preceding recipe, using cold creamed chicken. (See page 161.)

### Hot Roast Beef Sandwiches.

Toast one or two slices of bread, spread lightly with butter, cover with a slice or two of hot roast beef. Season lightly, and pour over two tablespoonfuls of beef-juice or dish gravy (free from fat). Serve immediately on a heated plate. Garnish with celery.

### Cold Beef Sandwich.

Use cold broiled steak or roast beef. Slice or chop it rather fine, and follow directions for an Open or Double Sandwich.

### Raw-Beef Sandwich.

See page 47.

### Celery Sandwich.

Wash and finely chop young celery. Make an open sandwich with toast and garnish with mayonnaise or hard-boiled yolk of egg, or both.

### Lettuce Sandwich.

Wash the lettuce thoroughly. (See page 198.) Tear it into small pieces, cover with a French dressing, and place it between two slices of bread or toast.

### Cress Sandwich.

Follow directions for Lettuce Sandwich.

### **Cheese Sandwich.**

Dip crackers quickly into boiling salted water ; then toast them a golden brown. Spread with butter if desired and dust with grated cheese.

### **Fruit Sandwich.**

Wash dates, figs, and raisins thoroughly. Chop them very fine or, better, run them through a meat-chopper. Place a layer of the chopped fruit between two slices of bread.

If desired, the bread may be toasted and softened with cream. It may then be served as a dessert.

The dates may be soaked in cold water until the skins can be removed. They will then be more delicate.

### **Egg Sandwich.**

See page 136.

### **Club Sandwich I.**

Toast lightly (on one side only) two square slices of bread. Spread with butter and on one piece place a slice of chicken and a slice of tongue (or several slices of any desired cold meat). Season lightly, then cover thickly with shredded lettuce; garnish with mayonnaise dressing. Place the other slice of bread on the top (toasted side up). Serve with a knife and fork.

### **Club Sandwich II.**

Thoroughly toast two square slices of bread. Spread with butter and soften them slightly with beef-juice, cream, boiling salted water, or stock. On one piece



place a layer of tongue and chicken, or use all chicken or all beef. Cover with shredded lettuce, dot with mayonnaise dressing. Place the other piece of toast on the top and serve with a knife and fork.

### Roll Sandwiches.

Choose a round, oblong, or horseshoe-shaped roll. Remove the top with a sharp knife. Then hollow out the soft centre with a fork. Toast until a light brown if desired and soften slightly with beef-juice, cream, or stock. Fill with any desired meat, celery, or lettuce. Garnish with lettuce, mayonnaise, or the hard-boiled yolk of egg pressed through a sieve.

### Bacon Sandwiches.

Boil or broil some very thin slices of bacon until crisp and brown; place between thin slices of buttered bread or toast.

### Peanut Sandwiches.

Thinly spread toast or plain crackers with peanut butter.

*To make Peanut Butter.*—Shell the desired quantity of nuts, also removing the thin skins. Place on a baking-pan, then in a moderate oven, and roast until thoroughly dry and slightly browned. Run through an ordinary meat-chopper, having a grinder attachment (adjust carefully, if screwed too tight the butter will sometimes become oily). If not used immediately, place in a jar or tumbler, cover closely, and keep in a cool place.



**SAUCES.****White or Cream Sauce I. (Flour Thickening).**

- ONE-HALF cup (one gill) of milk.
- One-fourth level teaspoonful of salt.
- One level tablespoonful of flour.
- One level tablespoonful of butter.

Rub the butter and flour together in a small saucepan until smooth, add the milk cold, and stir over the fire (in all directions) until it comes to boiling, add the salt and it is ready to serve.

If not used immediately, stand it over hot water.

Stock may be substituted for one-half the above quantity of milk.

**White or Cream Sauce II. (thickened with Cornstarch or Arrowroot).**

- One-half cup of milk.
- One-fourth level teaspoonful of salt.
- One level teaspoonful of cornstarch or arrowroot.
- A small piece of butter or one tablespoonful of cream.

Moisten the cornstarch or arrowroot with about one tablespoonful of the milk or until a thin paste. Heat the rest of the milk, and when hot add the cornstarch and stir until it thickens, add the salt, remove from the fire and add the cream or butter broken into small pieces. Stock may be substituted for one-half the above quantity of milk.

**White or Cream Sauce III. (thickened with Yolks of Eggs and free from Starch).**

One-half cup of milk.

Yolk of one egg.

One-fourth level teaspoonful of salt.

One teaspoonful of cream or a small piece of butter.

Scald the milk. Beat the yolk until light, add the milk slowly, stirring all the while. Then stir over hot water until it thickens (being careful it does not boil, or it will have a curdled appearance), add the salt, remove from the fire and add the butter or cream. Serve immediately.

Stock may be substituted for one-half the above quantity of milk.

**White or Cream Sauce IV. (thickened with Irish Moss).**

One cup of milk.

One-eighth cup of Irish moss.

A small piece of butter or one tablespoonful of cream.

Salt to taste.

Soak the moss in lukewarm water for ten minutes, then wash each piece thoroughly in cold water, drain, and soak it in the milk for a half-hour. Then stir and slowly heat until the milk is steaming hot, then simmer about ten minutes.

Strain through a fine sieve, pressing through as much of the moss as possible. Reheat, season to taste. Add butter or cream after it has been removed from the fire.

The lightly beaten yolk of one egg may be added before it is removed from the fire, being careful the sauce does not again boil, or the egg will have a curdled appearance.

If this sauce is thicker than desired, add a little hot milk slowly.

Stock may be substituted for one-half the above quantity of milk.

#### **White or Cream Sauce for Vegetables.**

Use one-fourth cup of water in which the vegetable was cooked and one-fourth cup of milk. Then proceed as directed for any of the four preceding sauces.

#### **White or Cream Sauce for Chicken.**

Use half chicken stock and half milk, then follow preceding recipes for Sauces I., II., III., or IV.

#### **Sauce à la Béchamel.**

Make a cream sauce (I., II., III., or IV.), using half milk and half stock. Just before removing it from the fire stir in the lightly beaten yolk of an egg, being careful the sauce does not boil, or it will have a curdled appearance.

One-half teaspoonful of finely chopped parsley may also be added.

#### **Onion Sauce.**

Cook onions until tender in boiling salted water as directed under Vegetables. Drain them and press through a fine sieve or serve with a small piece of butter. Add an equal quantity of cream sauce or brown sauce, reheat, and serve.

### Celery Sauce.

Follow directions for Onion Sauce.

### Tomato Sauce I.

One-half cup of tomatoes stewed and strained.

One level tablespoonful of flour.

One level tablespoonful of butter.

One-fourth level teaspoonful of salt.

Stew the tomatoes as directed on page 187. Strain and measure one-half cup. Rub the flour and butter together in a small saucepan until smooth, add the strained tomatoes. Stir over the fire in all directions until it comes to boiling, add the salt, and it is ready to use.

A few drops of onion-juice may be added if desired.

Tomato sauce may also be thickened with arrow-root, cornstarch, or Irish moss, as directed under Cream Sauce II. and IV.

### Tomato Sauce II.

One-fourth cup of tomatoes, stewed and strained.

One-fourth cup of stock.

Thicken as directed under Cream Sauce I., II., or IV.

### Parsley Sauce.

Add one teaspoonful of finely chopped parsley to one-half cup of cream sauce.

### Egg Sauce.

Hard boil the yolk of an egg, press through a sieve and rub smooth, add gradually one-half cup of cream sauce, rubbing all the while, reheat over hot water and serve.

*Or*, cut the yolk into small blocks and add to the cream sauce just before serving.

### Brown Sauce for Pan-Broiled Meats.

One tablespoonful of browned flour or

One-half tablespoonful of plain flour.

One-half cup of stock or water.

One-fourth level teaspoonful of salt.

One-eighth teaspoonful of beef extract.

Add the stock or water gradually to the flour, stirring all the while until smooth. Pour into the pan in which the meat was cooked and stir until boiling, add extract and salt.

### Brown Sauce.

One tablespoonful of browned flour.

One-half cup of stock.

One-fourth level teaspoonful of salt.

One level tablespoonful of butter.

Place ordinary bread flour in a smooth baking- or frying-pan; then place it in the oven or on top of the stove, shake and turn the flour until it becomes a golden brown. Rub the browned flour and butter together in a small saucepan until smooth, add the stock and stir over the fire in all directions until it comes to a boil; add the salt.

This may be varied by adding a few drops of beef extract or a few drops of onion-juice.

### **Brown Sauce for Oysters.**

One level tablespoonful of browned flour.

One level tablespoonful of butter.

One-half cup of oyster stock.

One-quarter level teaspoonful of salt.

Chop two or three oysters fine with a silver knife, add one-fourth cup of cold water, a flavoring of celery, mace, or an allspice. Stir over the fire until it slowly comes to a boil, then simmer five minutes. Strain, use one-half cup of stock thus obtained, and follow preceding recipe.

### **Brown Sauce for Chicken.**

Substitute one-fourth cup of milk and one-fourth cup of chicken stock for the one-half cup of stock, and proceed as directed under Brown Sauce.

### **Mushroom Sauce.**

See Mushrooms in Cream Sauce and Brown Sauce (pages 180, 181).

### **Cranberry Sauce.**

One pint cranberries.

One-half cup of cold water.

One cup of granulated sugar.

Wash the cranberries, place them in a small saucepan, add the water; cover and bring to the boiling-point. Press through a colander, add the sugar, and stir (over the fire) until the sugar is melted. Cool quickly.



**BREADS.****White Bread.**

- ONE cup of milk.
- One cup of boiling water.
- One-half ounce of compressed yeast.
- One level teaspoonful of salt.
- About three pints of sifted flour.

Put the milk in a bowl and pour in the boiling water. When lukewarm, add the salt and yeast which has been dissolved in one tablespoonful of cool water. Add one cup of sifted white flour and beat well for several minutes, then continue adding more flour until thick enough to turn out and knead on a board. Knead until soft and elastic. Return the dough to the bowl, cover, and stand in a warm place (75° F.) about two hours. Then mould into the shape desired and place in a greased bread-pan. Cover and again stand in a warm place about one hour, or until it has doubled its bulk. Then brush the tops with cold water, prick in several places with a fork, and bake in a moderate oven about three-quarters of an hour. Turn from the pans and cool. (See also page 287.)

**Whole Wheat Loaf.**

- One cup of milk.
- One cup of boiling water.
- One-half ounce of compressed yeast-cake.
- One level teaspoonful of salt.
- About three pints of sifted flour.

Put the milk in a bowl and pour in the boiling water. When lukewarm, add the salt and yeast which has been

dissolved in one tablespoonful of cool water. Add one cup of whole wheat flour and beat thoroughly about five minutes. Cover and let stand in a warm place (75° F.) about two and a half hours. Then continue adding whole wheat flour until thick enough to turn from the bowl and knead on a board. Knead until soft and elastic. Mould into the shape desired and place in two greased bread-pans. Cover and stand again in a warm place until it doubles its bulk. This will take about an hour. Then brush the top with cold water, prick in several places with a fork, and bake in a slow oven about an hour. Turn from the pans and cool. (See also page 287.)

Whole wheat bread requires a slower oven than the white bread.

### Bread Sticks.

These may be made from either the white or whole wheat dough. Cut off a small portion at a time and roll out until it is about the diameter of a lead-pencil. Cut into lengths the size of your bread-stick pan. When filled cover and stand in a warm place (75° F.) about one-half hour. Brush with cold water and bake in a quick oven fifteen minutes, or until a golden brown.

### Quick Bread (Spoon Bread).

One cup of milk or water.

One-third cup of white cornmeal.

Two eggs.

A pinch of salt.

Put the milk in a double boiler, and when hot sprinkle in the cornmeal, stirring all the while until it be-

comes a smooth mush. Remove from the fire and add the yolks of the eggs and salt; mix well. Now stir in the well-beaten whites. Turn into a greased baking-dish and bake in a moderate oven twenty minutes or more. Serve immediately with a fork and eat with butter.

This is a delicate bread and must be handled carefully or it will fall.

**Rye Bread** (see page 278).

**Graham or Bran Bread** (see page 278).

### **Mush-Bread Gems.**

Follow the above recipe, turning the mixture into greased gem-pans, and bake until they begin to leave the sides of the pans. Remove carefully with a limber knife and serve at once.

These may also be served with cream and granulated sugar or a soft custard sauce.

### **Quick Bread with Fruit.**

Cover the bottom of a baking-pan with chopped dates, raisins, or figs before turning in the spoon-bread batter, and finish as directed above.

### **Popovers.**

Two eggs.

One cup of milk.

One cup of flour.

A pinch of salt.

Slightly grease iron gem-pans with suet and place in the oven to heat. Break the eggs into a bowl and

beat until light, add the milk and salt, mix, add the flour and beat well. Pour into the hot pans, half filling each one. Bake in a quick oven about thirty minutes. Serve hot.

### **Whole Wheat Popovers.**

One cup of ice-cold water.

One cup of whole wheat flour.

A pinch of salt.

Grease and heat iron gem-pans as above directed. Put the ice-cold water in a bowl, add the salt, and slowly sift in the flour, beating all the while. Pour into the hot pans and bake and serve the same as popovers.

### **Graham-Flour Popovers.**

Substitute Graham flour for the whole wheat flour and proceed as directed above.

### **German Puffs.**

Follow the recipe for Popovers, using three eggs instead of two. These may also be served as a dessert with cream and sugar or a custard sauce.

### **Popover Toast.**

Any of the popovers or German puffs may be used. Either break or cut them into halves. Quickly toast the inside. Serve hot with butter or hot milk.

**GLUTEN FOODS.<sup>22</sup>****Gluten Mush I.**

HAVE either boiling water, milk, or half of each in a double boiler; add a pinch of salt, and slowly sprinkle in enough gluten meal to make a thick batter, stirring all the while. Cook for one-half hour or more. Serve hot with cream or milk. A small piece of butter may also be added.

**Gluten Mush II.**

To each cup of mush stir in the well-beaten white of an egg just before removing it from the fire.

**Gluten Gruel.**

Follow the above recipe for Mush, using less gluten.

**Gluten Popovers I.**

One scant cup of sifted gluten flour.

One cup of water or milk.

Two eggs.

A pinch of salt.

Beat the eggs until light, add the salt and milk, then the gluten, and beat thoroughly. Pour into hot greased gem-pans and bake in a quick oven about one-half hour. Serve hot.

**Gluten Popovers II.**

One scant cup of sifted gluten flour.

One cup of ice-cold water.

A pinch of salt.

Add the salt to the water and slowly sprinkle in the gluten, beating all the while. Bake as above directed.

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<sup>22</sup> Gluten flour and meal contain about half as much starch as wheat—sometimes more.

### Gluten Gems.

Two eggs.

One-half cup of milk or water.

One cup of gluten meal.

One teaspoonful of baking-powder.

Separate the eggs. Beat the yolks until light and add the milk, salt, and then the gluten. Mix well. Stir in the well-beaten whites of eggs and the baking-powder. Bake in greased gem-pans one-half hour, or until they begin to leave the sides of the pan. Serve hot.

### Gluten Toast.

With a fork break gluten popovers, gems, or biscuits into halves, thoroughly dry in a slow oven and lightly brown. Serve plain with butter or hot (not boiled) milk.

### Gluten Zwieback.

See recipe for Zwieback, page 88.

### Gluten Wafers.

One-half cup of milk or water.

Enough gluten flour for a dough.

Put the milk in a bowl and sift in the gluten until you have a dough. Knead carefully and roll very thin, cut into small rounds, and bake until a delicate brown on an ungreased tin in a moderate oven. Serve hot or cold with butter.



### Gluten Bread.

One-half cup of milk.

One-half cup of boiling water.

Two eggs.

One-fourth ounce compressed yeast-cake.

Gluten flour.

Pour the boiling water into the milk, and when lukewarm add the yeast-cake, which has been dissolved in a little water, then add enough gluten flour to make a thin batter, and beat well. Add the slightly beaten yolks and well-beaten whites of eggs. Then enough flour to make a dough; do not knead, but turn into a greased bread-pan. Cover and stand in a warm place (75° F.) until it doubles its bulk. Bake in a moderate oven one hour.

### Gluten Mush Bread.

One cup of gluten mush.

Two eggs.

Make the mush as directed, then add the yolks of eggs and mix well. Stir in the well-beaten whites and bake in greased gem- or popover-pans about twenty minutes, or until a light brown. Serve immediately and carefully, or they will fall.

### Gluten Biscuits.

Make a dough as for the bread, moulding it into biscuits, and bake a shorter time in gem- or popover-pans.

### Gluten Dessert.

Substitute gluten bread for white bread and follow directions for making French toast, omitting the sugar. If allowed, saccharin may be used.



## COOKED FRUITS.

### Apple Sauce.

SELECT four tart apples. Wash the apples, cut into eighths, and remove any imperfections (do not pare them). Then throw them into cold water until you have them all prepared, or they will turn dark. Drain and put them in a saucepan; just cover the bottom of the pan with cold water. Cover and cook quickly until tender (five or ten minutes). Rub through a colander.

Sweeten to taste and it is ready for use. Serve hot or cold.

Be careful not to get it too sweet.

If the apples are poor in flavor, cook with the fruit a little cinnamon or grated yellow rind of one-fourth of a lemon.

### Stewed Apples.

Select four tart apples. Wash, cut them into quarters, pare and core, and throw them into cold water. Make a syrup by adding two tablespoonfuls of sugar to one cup of boiling water, stir until dissolved, and when boiling add the apples. Simmer very gently until tender or they will not remain whole. Dish carefully and serve cold.

One teaspoonful of lemon-juice, a little cinnamon, or the grated yellow rind of one-fourth of a lemon may be added if desired.

### Baked Apples I.

Select sound, tart apples. Wash them and remove all the core with an apple-corer or sharp knife. Place them in a baking-dish. Partly fill with granulated sugar (for a medium-sized apple allow one teaspoonful of sugar). Cover the bottom of the dish with boiling water (one-fourth inch deep). Bake in a hot oven until tender, basting several times. If all the water evaporates, add more. Serve hot, with or without cream.

A little cinnamon may be added with the sugar if desired.

The time of baking varies, according to the variety, from one-half hour to an hour and a half.

If the skin is objectionable, remove it either before or after cooking.

### Baked Apples II.

Peel and core a tart apple, place in a small baking-dish, pour over one cup of cold water, dust with granulated sugar. Cover the pan closely and bake in a moderate oven until tender. Serve hot.

### Steamed Apples I.

Select tart apples. Remove skins and cores. Cut into thick slices, and partly fill a granite or earthenware baking-dish, just cover the bottom of the dish with cold water. Cover tightly and bake in a quick

oven fifteen minutes, or until very tender. Sweeten with granulated sugar and serve hot.

### Steamed Apples II.

Select four tart apples of uniform size. Remove the cores and pare them. Throw them into cold water while you make a syrup by adding two tablespoonfuls of sugar to a cup of boiling water. Bring to a boil, and stand the apples in the bottom of the saucepan. Cover and allow the apples to steam very slowly until tender. Dish carefully and serve cold.

A teaspoonful of currant-jelly may be placed in the core of each apple by way of variety.

### Stewed Peaches.

Select four peaches. Wash in cold water, cut into halves, remove the stone and skins. Throw them into cold water until you have them all ready. Then finish as directed for Stewed Apples.

### Peach Sauce.

Pare four peaches. Cut them into slices and place them in a saucepan with just enough cold water to cover the bottom of the pan. Cover and cook quickly until tender (about five minutes). Remove from the fire, strain through a sieve, and sweeten to taste. Serve hot or cold with toasted crackers, etc.

### Stewed Dates.

Soak the dates in warm water for ten minutes to soften the dust and dirt on the outside. Then wash them carefully with the fingers and rinse them in cold water. Stone them, then cover with cold water and

soak overnight. In the morning drain them and save the water. Slip off the skins, return them to the water, and stew gently until tender; this will take from five to ten minutes.

If desired, a few drops of lemon-juice may be added. Serve with toasted crackers.

### Blackberry Flummery or Mush.

One cup of blackberries.

One cup of water.

Two even tablespoonfuls of cornstarch.

Sugar to taste.

Put the blackberries and cold water in a saucepan, bring to boiling, then simmer until tender (about ten minutes). Press through a colander to avoid the seeds and cores. Sweeten to taste. Reheat, and when boiling stir in the cornstarch, which has been mixed with a little cold water. When thick (about two minutes) turn out to cool and serve plain or with cream.

The white of an egg may be whipped to a stiff froth and stirred into the hot mush as soon as removed from the fire. This is quite an addition.

*With Meringue.*—When the mush is cold serve in glass cups or in a saucer with a *meringue* on top, made according to recipe on page 231.

### Huckleberry Flummery or Mush.

One cup of huckleberries.

One cup of water.

Two even tablespoonfuls of cornstarch.

Sugar to taste.

Follow directions in preceding recipe.



### Stewed Prunes.

Soak the prunes in lukewarm water for about ten minutes to soften the dust and dirt on the outside. Then wash them carefully with the fingers and rinse in cold water. Cover with *cold* water and soak overnight, or at least six hours. In the morning drain; put in a saucepan, just cover with fresh cold water. Bring to boiling, then simmer gently until tender.

If desired sweetened, add sugar to taste about ten minutes before removing from the fire.

### Orange Marmalade.

Select juicy oranges, wash and dry them. Now grate off the yellow rind from one-fourth of them. Roll the oranges until very soft. Cut into halves and squeeze out all the juice with a lemon-squeezer. Measure the juice and allow an equal quantity of granulated sugar. Add the yellow rind to the juice, and stir them over the fire until they begin to boil. Add the sugar, stir until it is dissolved, then cook until it begins to jelly (test by putting a little on a saucer on ice). Turn into glasses and seal. Serve with toasted crackers, etc.

### Pineapple Marmalade.

Wash the pineapples, remove the tops, and with a silver knife cut each into quarters (lengthwise), scrape out all the soft part, rejecting the cores, skins, and eyes. Measure the shredded pineapple and allow an equal quantity of granulated sugar. Put the pineapple in a saucepan and boil very gently until transparent, then add the sugar and stir until it is dissolved. Cook



until it begins to jelly (test by putting a little on a cold saucer). Pour into clean, sterile glasses and seal. Serve with toasted crackers.

### Grape-Juice I. (Quick Method).

Preferably select a dark grape, such as the Concord variety. Wash in cold water, drain and pick them from their stems, barely cover with cold water, bring to boiling, and simmer about five minutes. Let the juice drip through a flannel or cheese-cloth bag. Serve cold.

If desired sweetened, add sugar to taste.

### Grape-Juice II. (Bottled).

Follow above recipe, measure the juice, and for each four cups of juice allow one cup of sugar. Bring the juice to boiling, add the sugar, stir until dissolved. Boil from three to five minutes. Pour into sterilized bottles (see foot-note, page 54) and cork firmly

### Currant-Jelly.

Four quarts of currants.

Wash the currants thoroughly and remove all leaves (do not stem). Place them in a preserving kettle with a half-cup of water (just to prevent sticking). Bring to boiling, stirring often. Strain through a colander, then let the juice drip slowly through a clean flannel bag. This will take several hours.

Measure the juice, and allow three cups of sugar for four cups of juice. Bring the juice to boiling, add

the sugar, which has been warmed but not browned. Stir until it again boils; put a little on a saucer and then on ice, to see if it will jelly; if not, continue to boil and test every few minutes. Pour into sterilized tumblers and let stand until a jelly has formed.

To seal, melt paraffin (purchased at drug-store); pour a thin layer over top of jelly when cool, then cover with paper rubbed with slightly beaten white of egg, and tie around edge of tumbler.



## DESSERTS.

### Junkets.

THE recipes given below call for the junket or rennet tablets, as it is in a convenient form, but liquid rennet or essence of pepsin may be substituted with the same results (using the amount required as indicated on the bottle).

All the junkets are palatable made without flavoring, but when desired a few drops may be added with the sugar. Or vary the flavor with a grating of nutmeg or large raisins cut into small pieces as directed under Plain Junket I.

Unless otherwise desired, always use a whole or rich milk. Pasteurized milk may be used after it has been cooled, but junket cannot be made from boiled milk.

#### Plain Junket I.

One cup of milk.

One-fourth junket tablet.

Dissolve the piece of the junket tablet in a teaspoonful of cold water (or use liquid rennet). Heat the

milk to blood heat (or 98° F.). Stir in the dissolved rennet. Pour into the serving dish or cup and stand in a warm place until congealed. Serve cold with cream and a little granulated sugar dusted over the top.

To vary the flavor, a grating of nutmeg or three large raisins (cut into pieces and remove the seeds) may be added to the milk before heating, and strained out before adding the junket or rennet.

### Plain Junket II. (with White of Egg).

The white of one egg may be beaten to a froth and added to the milk before it is heated; or albuminize the milk as directed on page 72.

### Junket Dessert.

One cup of milk.

One-fourth junket tablet.

One tablespoonful of sugar.

A few drops of flavoring (if desired).

Follow the preceding recipe for Plain Junket (either with or without the white of egg), adding the sugar and flavoring (if used) to the milk just before stirring in the rennet. Serve cold with cream.

### Junket with Meringue.

Follow preceding recipe, and when cold place a *meringue* on top.

To make *meringue*, see following recipe. Toasted sponge-cake crumbs may be dusted over the dessert by way of variety.

### Custard Junket I.

One cup of milk.

One tablespoonful of sugar.

One egg.

One-fourth junket or rennet tablet.

Cover the one-fourth tablet with one teaspoonful of cold water. Beat the egg to a froth, add the milk, and stir over hot water until it slightly thickens, then cool to blood heat (about 98° F.). Add the sugar and the dissolved tablet. Pour into a serving dish or cups. Stand in a warm place until congealed, then cool. Serve with plain or whipped cream.

### Custard Junket II. (with Meringue).

Make a cup of custard junket as directed in preceding recipe, using the yolk only instead of the whole egg. Use the white for the *meringue*, made as follows:

Beat the white of egg to a froth, add gradually one teaspoonful of powdered sugar, beat until stiff. Drop by spoonfuls (or fancy shapes) on boiling water in a deep saucepan. Cover the pan closely, remove from the fire, and steam five minutes. Remove them (carefully drained) to a cool plate; when cold heap or arrange over the junket.

*Or*, the *meringue* may be placed on an ordinary tin plate (that has been dipped in cold water and drained), dusted lightly with powdered sugar, and placed in a moderate oven about two minutes, or until a golden brown. If the oven is very hot leave the door open and watch the *meringue* carefully or it will puff up, then fall when cold.

### Cocoa Junket.

One teaspoonful of cocoa.

One tablespoonful of sugar.

Two tablespoonfuls of water.

One-fourth junket or rennet tablet.

Three-fourths cup of milk.

Moisten the cocoa with the water and bring to boiling (in a small saucepan). Add the milk cold and bring to 98° F., or blood heat. Add sugar and the dissolved tablet. Pour at once into a serving-dish, stand in a warm place until congealed.

Serve cold with plain or whipped cream. This may also be served with *meringue* as directed in preceding recipe.

### Eggnog Junket.

One egg.

One cup of milk.

One teaspoonful of brandy or one tablespoonful of wine.

One tablespoonful of sugar.

One-fourth junket tablet or rennet.

Separate the egg; beat the white to a froth; add the yolk and beat again. Add the milk; stir well and strain. Add the sugar. Heat to a temperature of 98° F. or blood heat. Add the wine or brandy and the dissolved tablet (or liquid rennet); stand in a warm place until congealed. Serve cold.

This may also be served with plain or whipped cream. A grating of nutmeg can also be dusted over the top.



### Junket with Cream.

One-fourth cup of cream.

Three-fourths cup of milk.

One tablespoonful of sugar.

One-fourth junket or rennet tablet.

Dissolve the one-fourth tablet in one teaspoonful of cold water. Bring the milk and cream to blood heat or 98° F. Stir in the sugar and dissolved tablet. Stand in a warm place until congealed. Serve cold.

### Arrowroot Pudding I.

One cup of milk.

One egg.

One tablespoonful of sugar.

One tablespoonful of arrowroot.

Bring the milk to boiling, moisten the arrowroot with a little cold water or milk, pour into the milk and stir and cook five minutes. Add the yolk lightly beaten, then stir in the well-beaten white, cook just a moment, remove from the fire, and add the sugar. Pour into a mould or serving-dish.

Serve cold with cream or a soft custard sauce.

### Arrowroot Pudding II. (Baked).

Follow preceding recipe, but bake in a moderate oven from five to ten minutes.

### Arrowroot Pudding III.

Follow either of the preceding recipes, adding the egg beaten together until light instead of separately.



**Irish Moss Blanc Mange I.**

One-fourth cup of Irish moss.

One pint of milk.

Two tablespoonfuls of sugar.

Soak the moss in lukewarm water for ten minutes, then wash each piece separately and thoroughly in cold water. Drain and cover it with the milk. Let it soak a half-hour, then stir and slowly heat until the milk is steaming hot, then simmer ten minutes. Strain through a fine sieve, pressing through as much of the moss as possible. Stir in the sugar, pour into moulds or a serving-dish to form a jelly. Serve cold with cream.

If desired, the sugar may be omitted or sprinkled over the top at serving-time.

**Irish Moss Blanc Mange II. (with Egg).**

Follow preceding recipe, and when ready to pour into the moulds, stir in the well-beaten white of one or two eggs. Reheat just a moment, then pour into moulds or a dish and serve as above directed.

**Lemon-Jelly (Irish Moss).**

One-fourth cup of Irish moss.

One pint of water.

Four tablespoonfuls of sugar.

Four tablespoonfuls of lemon-juice.

A few gratings of the yellow rind of a lemon.

Soak the moss in lukewarm water ten minutes, then wash each piece thoroughly in cold water. Drain and soak in the pint of water a half-hour, add the yellow

rind of a lemon. Then stir and slowly heat until the water is steaming hot, then simmer about ten minutes. Strain through a fine sieve, pressing through as much of the moss as possible. Stir in the sugar and lemon-juice and pour into moulds or a dish to form a jelly. Serve cold.



## CUSTARDS.

### Soft Custard.

ONE-HALF cup of milk.  
Yolk of one egg.  
One level tablespoonful of sugar.

Beat the yolk until light, add the sugar and beat again. Heat the milk until it begins to steam, pour it slowly into the egg and sugar, beating all the while. Cook over hot water or in a double boiler, stirring all the while until it is the consistency of rich cream. Then pour from one vessel to another several times. Serve cold with zwieback, sponge-cake, or as a sauce. If a stimulant is ordered, add a teaspoonful of sherry wine just before serving.

To vary the flavor add a grating of nutmeg or soak three large raisins (which have been washed and cut into small pieces and seeds removed) in the milk for ten minutes, then make the custard and strain them out before serving.

### French Custard.

Make a half-cup of soft custard as directed in preceding recipe. Use the white of egg for a *meringue* made as follows:

Beat the white of egg to a froth, add gradually one teaspoonful of powdered sugar, beat until stiff. Drop by spoonfuls (or fancy shapes) on boiling water in a deep saucepan. Cover the pan closely. Remove the pan from the fire and steam five minutes. Remove them (carefully drained) to a cool plate. When cold float them on the custard.

*Or*, the *meringue* may be placed on an ordinary tin plate (that has been dipped in cold water and drained). Dust lightly with powdered sugar and place in a moderate oven (about two minutes, or until a golden brown).

#### Cup Custards I. (Baked).

One egg.

One cup of milk.

One tablespoonful of granulated sugar.

Grating of nutmeg.

Beat the egg until light, add the sugar and nutmeg, beat again, add the milk, and when well mixed pour into one or two custard-cups. Stand them in a pan partly filled with boiling water. Bake in a moderate oven until firm (about twenty minutes). Serve cold in the cups in which they were cooked.

Test by running a knife down the centre of one. If it comes out clear they are sufficiently cooked. If overdone they will be watery and have a curdled appearance.

#### Cup Custards II. (Steamed).

Make the custards according to the preceding recipe, and when stood in a pan partly filled with boiling water, cover the pan closely and cook on top of the stove, steaming rather slowly until a custard has formed.

### Chocolate Custard.

Moisten a tablespoonful of grated chocolate with a little cold milk, pour into a cup of hot milk, stir and cook ten minutes, then finish as directed under Soft or Cup Custard, using one egg and one tablespoonful of sugar.

### Toasted Buns (with Soft Custard Sauce).

Choose plain buns, preferably a day or so old. Cut them into slices and toast until crisp and a golden brown. Pour over and around them a soft custard sauce. Serve hot or cold. Whipped cream heaped lightly over the top is an addition.

*Sponge-cake* may be substituted for the buns.

### Floating Island.

One cup of milk.

One egg.

One-half teaspoonful of cornstarch.

One tablespoonful of sugar.

A grating of nutmeg or a few drops of flavoring.

Scald the milk in a double boiler or over hot water. Beat the yolk until light. Mix the sugar and cornstarch together, add them to the yolk; now pour in the scalded milk, stirring all the while. Return it to the double boiler and stir until it thickens. Add a grating of nutmeg, a teaspoonful of sherry wine, or a few drops of any desired flavoring. Pour into a serving-dish.

Stale or toasted sponge cake may be put in the serving-dish before pouring in the custard, by way of variety.

Make a *meringue* with the white of egg as directed under French Custard. When cold float on top of the custard.

By way of variety place a little jelly (such as currant) on top of each "egg island."

### Cornstarch Custard with Meringue.

One cup of milk.

One egg.

One level tablespoonful of cornstarch.

One tablespoonful of sugar.

A few drops of any desired flavoring.

Follow directions in preceding recipe. More cornstarch is used in this recipe, giving you a custard pudding instead of a custard sauce.

### French Toast (Egg Toast).

Three small slices of bread.

Two tablespoonfuls of milk.

One egg.

A pinch of salt.

Toast the bread a golden brown. Beat the egg until light. Add the milk and salt. Cover the toast with this mixture and let it soak about five minutes, or until it is wet through and through. Have a little water boiling in a large saucepan; having placed in the centre a small block of wood or inverted custard-cup. Now rest a saucer on the block or cup and place the toast on it. Cover the saucepan closely and steam



three or five minutes. Serve immediately with granulated sugar sprinkled over it. A small piece of butter may also be added.

*Or*, serve with lemon-butter or a jelly.

### Bread Pudding I.

One-half cup of pieces of stale bread or toast.

One cup of milk.

One egg.

One tablespoonful of sugar.

Soak the bread in the milk for fifteen minutes. Beat the egg until light, add the sugar, milk, and bread. Mix well and pour into a small baking-dish and bake in a moderate oven fifteen minutes, or until a custard is formed. Serve hot or cold with cream.

By way of variety the grated yellow rind of one-eighth of a lemon or a grating of nutmeg may be added with the sugar.

This pudding may be steamed instead of baked, as directed under Cup Custard.

### Bread Pudding II. (with Meringue).

Follow the above recipe, omitting the white of egg until the pudding is baked. Then beat it to a stiff froth, heap it over the top of the pudding, dust with powdered sugar, and brown in a quick oven (about two minutes).

*Or*, make the *meringue* as directed under French Custard, and heap it on the pudding after it is cooked.



### Rice with Cream.

One-half cup of boiled rice, either plain or browned.

Dust with sugar and nutmeg if desired, and put a spoonful of whipped cream on top, or use plain cream.

### Apples and Rice (Holland Style).

One-half cup of apple sauce.

One-half cup of boiled rice.

One tablespoonful of brown or granulated sugar.

Mix all the ingredients, then bake in a hot oven about fifteen minutes. Serve hot with a *meringue*, whipped or plain cream.

### Peaches and Rice.

One-half cup of peach sauce.

One-half cup of boiled rice.

One tablespoonful of granulated sugar.

One teaspoonful of brandy if used.

Mix all the ingredients, then bake in a hot oven about fifteen minutes. Serve hot with a *meringue*, cream, or a soft custard sauce.

### Old-Fashioned Rice Pudding.

One tablespoonful of rice.

One tablespoonful of sugar.

One tablespoonful of seedless raisins.

One pint of milk.

A grating of nutmeg.

Wash the rice and cut the raisins into several pieces. Then put all into a double boiler. Cover and cook an

hour or more. Stir frequently to make it creamy. Pour into a baking-dish and bake until the top is lightly browned. Serve cold.

### Rice Pudding.

One-half cup of boiled rice.

One-half cup of milk.

One egg.

One tablespoonful of sugar.

Grated yellow rind of one-eighth of a lemon.

Beat the egg until light, add the lemon-peel and sugar. Then add the rice and milk. Bake in a moderate oven twenty minutes, or until a custard is formed. Serve cold.

### Rice Meringue.

Follow preceding recipe, omitting the white of egg until the pudding is baked. Then beat the white to a froth, add gradually one teaspoonful of powdered sugar, beating all the while until quite stiff. Heap over the top of the pudding. Dust with sugar and return it to the oven to brown (about two minutes).

*Or*, make the *meringue* as directed under French Custard.

### Rice Custards I.

One-quarter cup of boiled rice.

One-half cup of milk.

One egg.

One tablespoonful of sugar.

Grated yellow rind of one-eighth of a lemon.

Cook the boiled rice and yellow rind of lemon in the milk for five minutes or more. Press all through a

sieve, add the yolk of egg lightly beaten and stir over the fire a few minutes (but do not let it boil). Remove from the fire, add the sugar, and pour slowly into the well-beaten white of egg, beating all the while. Serve cold in glass cups with plain or whipped cream.

### Rice Custards II. (White).

Follow preceding recipe, omitting the yolk of egg.

### Rice Custards III. (with Flaked Rice).

Stir into a half-cup of hot milk enough flaked rice to make a mush. Cook over hot water or in a double boiler ten minutes. Add the lightly beaten yolk of one egg and one tablespoonful of sugar. Remove from the fire and pour slowly into the well-beaten white of one egg, beating all the while. Serve cold in glass cups with cream or a soft custard sauce.

### Rice Balls.

One-half cup of boiled or steamed rice.  
One apple or peach.

Wring out in cold water two pieces of gauze or cheese-cloth (ten inches square). Put in the centre of each sufficient rice to make a round the size of a small saucer and about one-fourth inch in thickness. Place in the centre a few slices of peach or apple, dust with granulated sugar, and gather the corners of the cloth together and hold in the shape of a ball. Tie tightly, throw into boiling water (the water in which the rice was cooked or plain water). Boil fifteen minutes. Remove the cloths and serve hot with cream, apple, peach, or a soft custard sauce.

These balls may also be filled with finely chopped seedless raisins or half apple and half raisins.

*Or*, fill with a fruit cheese made as directed under Fruit Sandwich.

### Rice Charlotte.

One cup of milk.

One and one-half tablespoonfuls of rice flour.

White of one egg.

Six raisins or one teaspoonful of sherry.

One tablespoonful of sugar.

Cut the raisins into small pieces, remove seeds, and add the milk cold. Cook in a double boiler twenty minutes. Strain, bring to boiling, and pour in the rice flour, which has been moistened with a little cold water. Stir until it thickens (about five minutes). Remove from the fire, add the sugar and pour into the well-beaten white of egg, beating all the while. Serve cold in glass cups or saucers with cream or a soft custard sauce.

If desired, the yolk of egg may be added to the charlotte a few minutes before it is removed from the fire.

If sherry is used, add when taken from fire.

### Farina Custards.

Stir into a half-cup of hot milk enough farina to make a mush. Cook over hot water or in a double boiler one-half hour. Add the lightly beaten yolk of one egg and one tablespoonful of sugar. Remove from the fire and pour slowly into the well-beaten white

of one egg, beating all the while. Serve cold with cream or a soft custard sauce.

To give the custard a zest add the grated yellow rind of one-eighth of a lemon when adding the farina.

### Baked Farina Pudding.

Follow preceding recipe. Turn into a pudding-dish and bake ten minutes. Serve hot or cold.

### Rotha Gritza.

Two tablespoonfuls of currant-jelly.

One tablespoonful of sugar.

One and one-half tablespoonfuls of rice flour.

One cup of boiling water.

Ten almonds.

Dissolve the jelly in the hot water. While boiling stir in the rice flour (which has been moistened with a little cold water). Cook about five minutes. Remove from the fire and add the sugar. Pour into moulds or glass cups and serve cold with plain or whipped cream, and the almonds dusted over the top just before serving.

*To prepare the almonds*, shell, cover with boiling water, let stand a few minutes. Remove the skins, cut into small pieces, dust thickly with powdered sugar, and toast in the oven until a golden brown. Then roll fine with an ordinary rolling pin.

### Rotha Gritza Charlotte.

Follow the above recipe, stirring in the well-beaten white of one egg just before it is removed from the fire.



**Blanc Mange I.**

One cup of milk.

One egg.

One tablespoonful of cornstarch.

One tablespoonful of sugar.

Six large raisins or one teaspoonful of sherry.

Wash the raisins and cut them into halves; remove seeds. Put them in a double boiler with the cold milk and steam them twenty minutes. Strain out the raisins, bring the milk to boiling, and add the cornstarch (which has been moistened with a little cold water). Stir until it thickens. Add the yolk, lightly beaten, cook just a moment, remove from the fire, add the sugar, and pour into the well-beaten white of egg, beating all the while. Serve cold with a cream or custard sauce.

The raisins may be omitted and served plain, or add one teaspoonful of sherry wine.

**Blanc Mange II.**

To make a white blanc mange follow preceding recipe, omitting the yolk of egg.

**Chocolate or Cocoa Pudding with Meringue.**

One cup (boiling) water.

Two tablespoonfuls of cocoa or grated chocolate.

Four tablespoonfuls granulated sugar.

White of one egg.

Three (level) tablespoonfuls of cornstarch.

Put the cocoa or chocolate in a saucepan, add the water slowly, then continue to stir over the fire until



it boils. Add the cornstarch (which has been moistened with cold water). Cook about five minutes, remove from the fire, add the sugar. Pour slowly into the well-beaten white of egg, beating all the while. When cool partly fill glass cups or saucers. Place a meringue on top of each and serve with cream. Or use whipped cream instead of the meringue.

To make the *meringue*, see page 231.

### Chocolate Pudding.

One cup of milk.

White of one egg.

Two tablespoonfuls of sugar.

One and one-half tablespoonfuls of cornstarch.

One ounce of chocolate.

Melt the chocolate in a saucepan over hot water, add the milk hot, then moisten the cornstarch with a little cold milk and add it to the hot milk, stirring all the while until it thickens. Add the sugar and stir in the well-beaten white of egg after it is removed from the fire. Pour into a mould or serving-dish. Serve cold with plain or whipped cream.

Water may be substituted for the milk if desired.

### Lemon Pudding I.

One cup of water.

Two tablespoonfuls of sugar.

One and one-half tablespoonfuls of cornstarch.

One egg.

Juice and grated yellow rind of one-half of a lemon.

Grate off the yellow rind of the lemon into the water. Bring to boiling, then add the cornstarch (which

has been moistened with a little cold water). Stir until it thickens. Beat the yolk until light, add to the pudding, and stir over the fire a few minutes (but do not allow it to boil). Remove from the fire and pour slowly into the well-beaten white of egg, beating all the while. Serve cold with toasted crackers, etc.

### Lemon Pudding II. (with Meringue).

Follow preceding recipe, omitting the white of egg. Use for a *meringue*, made as directed under French Custard (page 231).

### Wine Pudding.

Substitute one tablespoonful of sherry wine for the lemon-juice and follow the preceding recipe, either with or without the *meringue*.

### Egg Cream or Lemon-Butter.

Two eggs.

Two tablespoonfuls of sugar.

Juice and yellow rind of one-half of a lemon.

Separate the eggs, beat the yolks until light, add the sugar gradually, then the grated yellow rind and lemon-juice. Stir slowly over hot water or in a double boiler until it begins to thicken. Then add the well-beaten whites and stir about two minutes longer, or until it resembles a thick cream. Remove from the fire and pour into a serving-dish. Serve cold with toasted crackers or sponge cake, etc.

### Tapioca-Jelly I.

Two tablespoonfuls of pulverized tapioca.

Two tablespoonfuls of sugar.

One tablespoonful of sherry wine.

White of one egg.

Yellow rind of one-fourth of a lemon.

Put the tapioca and grated yellow rind of lemon in a saucepan, add the cold water slowly. Stir in all directions over the fire until it boils and is clear (about five minutes). Remove from the fire and add sugar and sherry wine. Pour immediately into the well-beaten white of egg, beating all the while. Serve cold with cream or a teaspoonful of egg cream or lemon-butter or currant-jelly sauce.

### Tapioca-Jelly II.

If a stimulant is not desired, substitute a teaspoonful of lemon-juice instead of the wine.

### Tapioca Charlotte.

Substitute one cup of milk for the water and follow directions for making Tapioca-Jelly I. The wine may be omitted or served in the sauce, but do not use lemon-juice when using milk.

### Baked Tapioca Pudding I.

One-half cup of tapioca.

Two eggs.

A pinch of salt.

One pint of milk.

Two tablespoonfuls of sugar.

Use pearl tapioca, wash it in cold water. Soak it in the milk two hours. Cook in a double boiler until the tapioca is transparent (about two hours). Beat the eggs until light. Stir in the tapioca, salt, milk, and sugar. Mix well. Pour into a baking-dish and bake in a moderate oven about fifteen or twenty minutes. Serve hot or cold with cream.

### Baked Tapioca Pudding II. (with Meringue).

Follow preceding recipe, omitting the whites of eggs from the pudding. When baked make the *meringue* as directed under French Custard (page 231).

### Quick Tapioca Pudding.

Substitute pulverized tapioca for the pearl and follow either of the preceding recipes, except that fifteen minutes will be sufficient for the soaking and it will not require cooking before it is baked.

### Tapioca and Currant-Jelly I.

Two tablespoonfuls of currant-jelly.

Two tablespoonfuls of sugar.

Two tablespoonfuls of pulverized tapioca.

One cup of water.

Put the tapioca in a saucepan, slowly add the water cold. Stir in all directions over the fire until it boils and is clear (about five minutes). Add the currant-jelly, stir until dissolved. Remove from the fire, add the sugar and pour into the serving dish. Serve cold with plain or whipped cream.

### Tapioca and Currant-Jelly II.

Follow preceding recipe, using double the quantity of currant-jelly, and just before removing it from the fire stir in the well-beaten white of one egg.

If desired, a teaspoonful of sherry wine or French brandy may also be added.

### Sago and Currant-Jelly.

Two tablespoonfuls of currant-jelly.

Two tablespoonfuls of sago.

Two tablespoonfuls of sugar.

One cup of water.

Cover the sago with the water and let it soak a half-hour or more. Cook in a double boiler or over hot water until transparent, add the currant-jelly, stir until dissolved, remove from the fire, add the sugar, and pour into the serving dish. Serve cold with cream.

Grape, blackberry, or raspberry jelly may be substituted for the currant jelly.

### Sago Custard.

Two tablespoonfuls of sago.

Two tablespoonfuls of sugar.

One-half cup of milk.

One egg.

Cover the sago with cold water and let it soak two hours or more. Cook in a double boiler or over hot water until transparent. Drain. Beat the egg until light, add the milk, sugar, and sago.

Bake until a custard has formed. Serve hot or cold with cream.

### Syllabub.

One-half cup of whipped cream.

One teaspoonful of sugar.

One teaspoonful of sherry wine if used.

Add the sugar and wine to the whipped cream. Serve immediately with crackers or sponge cakes.



### SOUFFLÉS.

#### Plain Soufflé I.

ONE egg.

One teaspoonful of sugar.

One teaspoonful of lemon-juice, sherry wine, or brandy.

Have a little water boiling in a large covered saucepan. Separate the egg, beat the white to a froth, beat the yolk lightly, add the sugar slowly and the flavoring. Stir into the well-beaten white of egg and mix thoroughly. Heap into an egg-cup or dainty bowl. Place the bowl in the saucepan and cover the pan closely. Remove all from the fire and let stand five minutes. Serve at once.

#### Plain Soufflé II.

One-half cup of milk.

Two eggs.

One tablespoonful of flour.

One-half tablespoonful of cornstarch.

Mix the flour and cornstarch in a small saucepan, then stir in the cold milk. Take to the fire and stir in



all directions until it boils and becomes a thick paste. Remove from the fire, add the yolks and then well-beaten whites. Partly fill buttered custard-cups. Stand them in boiling water and bake about fifteen minutes. Serve immediately with a soft custard sauce flavored with sherry wine, or dust the soufflé with granulated sugar and serve with cream.

*Or, steam the soufflé* if an oven is not available,—viz., have some water boiling in a large saucepan (with tight-fitting cover), put in the cups (being careful the water is lower), cover and keep the water a little below boiling. Let steam fifteen minutes. Serve immediately.

#### Indian-Meal Soufflé.

One and one-half tablespoonfuls of white cornmeal.

One-half cup of milk.

Two eggs.

Put the meal in a saucepan and stir in the cold milk. Stir in all directions over the fire until it boils, then cook thirty minutes over hot water. Remove from the fire, add the yolks, then stir in the well-beaten whites. Partly fill buttered custard-cups, stand them in boiling water and bake about fifteen minutes. Serve immediately with cream. If desired, dust with sugar.

The soufflé may also be steamed as directed in preceding recipe.

#### Peach Soufflé.

Three ripe peaches.

One tablespoonful of sugar.

White of one egg.

Select solid but ripe peaches and of good flavor. Pare and remove the stones. Place in a bowl and mash fine with a silver fork, add the sugar and white of egg beaten to a stiff froth. Mix well and bake in a quick oven ten minutes. Serve at once.

This may also be steamed as directed under Plain Soufflé.

*In winter*, substitute one-half cupful of stewed or canned peaches.

Use the dried or evaporated fruit and follow directions for Stewed Prunes (page 223).

### Apricot Soufflé.

One-half cup of stewed apricots.

White of one egg.

Sweeten to taste.

Use the dried or evaporated fruit, and follow directions for Stewed Prunes (page 223).

Put the apricots in a bowl and mash fine with a silver fork, then stir in the white of egg, which has been whipped to a stiff froth. Bake about ten minutes in a hot oven. Serve hot or cold.

### Prune Soufflé.

One-half cup of stewed prunes.

White of one egg.

Press all but the skins and stones of the prunes through a sieve. Whip the white of egg to a froth and mix with the prunes. Bake in a quick oven ten minutes. Serve immediately.

### Banana Soufflé.

Mash one ripe banana with a silver fork. Add one tablespoonful of granulated sugar and the well-beaten white of one egg. Bake in a quick oven ten minutes. Serve immediately with cream.

If desired, the sugar may be omitted and added when served. One tablespoonful of sherry wine may be added after the sugar.

This may also be steamed as directed under Plain Soufflé.

### Apple Betty.

Select tart apples. Wash, quarter, pare, and core them. Cut into thick slices and cover the bottom of a baking-dish. Dust with granulated sugar and a little cinnamon. Add a layer of toast or stale bread broken into small pieces. Repeat these layers until the dish is full, leaving the last layer toast or bread. Baste with boiling water. Cover and cook in a hot oven until the apples are very tender. Serve hot or cold with cream.

### Apple Charlotte.

One-half cup of apple-sauce.

White of one egg.

Make the sauce as directed on page 219. Beat the white to a stiff froth. Bring the sauce to boiling and pour over the egg, beating all the while. Serve cold with plain or whipped cream.

This may also be baked in a hot oven for five minutes and then served at once.

### Apple Float.

One ripe apple.

White of one egg.

One tablespoonful of powdered sugar.

Four tablespoonfuls of cream or one-half cup of soft custard sauce.

Wash the apple. Remove the core and skin. Place in cold water. Whip the white of egg to a froth, add the sugar slowly, beating all the while. Grate the apple or scrape with a silver knife. Mix it with the egg and beat well. Pour the cream into a serving dish and float the apple on it. Serve at once.

*Or*, the float may be cooked. Drop the egg and apple by spoonfuls on top of boiling water. Cover the pan and let stand off the fire for five minutes. Drain and place on the cream or sauce at serving time.

### Apples and Tapioca.

Soak pearl tapioca in cold water a half-hour or more (allowing four times as much water as tapioca), then cook it in a double boiler until transparent. Add an equal quantity of freshly made apple-sauce unsweetened. Cook in the double boiler ten minutes. Sweeten to taste and serve very cold.

If pulverized tapioca is used, let it soak fifteen minutes in cold water, using four parts of water to one of tapioca; then follow above directions. Or finish by baking about fifteen minutes.

### Peaches and Tapioca.

Substitute peach-sauce for the apple-sauce and follow preceding recipe.

### Apples and Sago.

Substitute sago for the pearl tapioca and follow the recipe for Apples and Tapioca.

### Baked Apples and Sago.

Substitute sago for the pearl tapioca and follow the recipe for Baked Apples and Tapioca.

### Cut Peaches.

Select solid ripe peaches. Immediately before serving, with a silver knife cut them into halves, remove stones, and pare. Cut into slices and serve on a dainty plate or saucer. Add sugar at the table. If they stand they will turn brown and lose their fresh flavor.

*Or*, cut the peaches into halves, remove stone, and pare, then roll each half in granulated sugar and serve immediately.

### Peach Cream.

Three ripe peaches.

One tablespoonful of granulated sugar.

White of one egg.

Select solid but ripe peaches and of a good flavor. Pare and remove the stones. Place in a bowl and mash fine with a silver fork, add the sugar and white of egg which has been whipped to a stiff froth. Mix well and beat again. Serve at once, with or without a few sliced peaches, German puff, or popover, etc.



**Baked Apples I.**

See page 220.

**Baked Apples II. (with Rice).**

Select a tart apple. Remove the core and place it in a baking-dish. Pour boiled rice around it, also filling the centre. Sprinkle with sugar and baste with a little boiling water. Cover and bake until the apple is tender. Serve warm with cream.

If desired, the apple may be pared and sliced before baking. It will then cook in a much shorter time.

**Baked Apples III. (with Tapioca).**

If pearl tapioca is used, soak it in cold water at least a half-hour (allow four times as much water as tapioca), then cook in a double boiler until transparent, and pour it around a tart apple (either whole or sliced), and bake as directed in preceding recipe. Serve hot or cold with plain or whipped cream.

**Peaches and Tapioca I. (Baked).**

If pearl tapioca is used, soak it in cold water at least a half-hour (allowing four times as much water as tapioca), then cook it in a double boiler until transparent. Pour over peaches that have been pared and halved. Dust with granulated sugar, baste with boiling water, and bake until the peaches are very tender.

If desired, the peaches may be sliced. Allow about an equal quantity of peaches and cooked tapioca.

Serve hot or cold with cream.

When fresh peaches are not available, substitute dried or evaporated peaches which have been carefully stewed. (See Stewed Prunes, page 223.)



### **Peaches and Tapioca II.**

If pulverized tapioca is used, let it soak for fifteen minutes in cold water, using four parts of water to one of tapioca. Then pour over and around the peaches and finish as above directed.

### **Bananas served Raw.<sup>23</sup>**

Select thoroughly ripe but solid bananas. Chill near the ice. Just before serving remove the skins and stringy fibre and with a silver knife cut into slices or blocks. Half fill a glass, cup, or saucer; cover the top with whipped cream. Dust with sugar and serve.

Plain cream may be substituted for the whipped.

### **Bananas and Cream.**

Select thoroughly ripe but solid bananas, remove the skin and stringy fibre. Mash fine with a silver fork. Add an equal quantity of whipped cream and whip until solid. (See Whipped Cream, page 269.) Sweeten slightly and serve very cold with crackers.

### **Baked Bananas I.**

Use a porcelain-lined or granite baking-dish. Select bananas with a light yellow skin (not thoroughly ripe). Remove the skins and stringy fibre from the bananas. Place them in the dish; dust lightly with granulated sugar. Pour in enough boiling water to cover the

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<sup>23</sup> Bananas should never be eaten raw unless thoroughly ripe, and even then cautiously.

bottom of the dish and bake in a quick oven about twenty minutes, basting once or twice. Serve hot with plain or whipped cream. Sugar may be omitted.

### Baked Bananas II.

Place bananas, unpeeled, in a moderate oven and bake until the skins open. Serve at once.

### Gelatin Desserts.

Pulverized gelatin is best used in these recipes, as it is in a convenient form, taking less time to soak. Small quantities are also easily measured. A two-ounce box contains eight level teaspoonfuls.

### Wine-Jelly.

One level teaspoonful or one-eighth box of granulated gelatin.

Two tablespoonfuls of cold water.

One tablespoonful of sugar.

Grated yellow rind of one-fourth of a lemon.

One-half cup of boiling water.

One-fourth cup of sherry wine.

Put the gelatin in a small dish, cover with the cold water, and let it soak until soft. Add the yellow rind to the half-cup of cold water, bring it to a boil and pour over the softened gelatin, add the sugar and wine. Stir over hot water until all is dissolved. Pour through gauze or a fine strainer into a mould or serving-dish. Stand near the ice until it has formed a jelly. This will require an hour or more. Serve plain or with whipped cream.

### Lemon-Jelly.

One-eighth box of gelatin.  
Two tablespoonfuls of cold water.  
Two tablespoonfuls of sugar.  
One tablespoonful of lemon-juice.  
Three-fourths cup of boiling water.  
Grated yellow rind of one-fourth of a lemon.

Follow directions for making in preceding recipe.

### Snow Pudding.

Follow the directions for Wine- or Lemon-Jelly. Pour into a bowl and stand in ice-water. When cold and just beginning to jelly, beat with an egg-beater until perfectly white. Beat the white of one egg to a froth and stir it into the pudding. Turn all into a mould and stand in a cold place several hours. Serve with cream or a soft custard sauce.

If desired, the white of egg may be omitted.

### Prune-Jelly.

One-half cup of stewed prunes.  
Three-fourths cup of prune juice or boiling water.  
One level teaspoonful granulated gelatin.  
Sugar to taste.

Cover gelatin with two tablespoonfuls cold water and soak about five minutes.

Press the prunes through a sieve, add the prune juice (hot), sugar, and gelatin. Stir over the fire until the gelatin is dissolved (no longer). Pour into a mould, and when cold serve with plain or whipped cream.

### Charlotte Russe.

One cup of cream.

Two tablespoonfuls of powdered sugar.

One-eighth box or one level teaspoonful of granulated gelatin.

One tablespoonful of sherry wine or

One-half teaspoonful of almond extract.

Two tablespoonfuls of cold water.

Lady-fingers or sponge-cakes.

Cover the gelatin with cold water and let it stand until soft. Whip the cream, drain (only if it has not all whipped solid), and turn it into a bowl. Place on ice or in a cold place. Add to the soaked gelatin just enough boiling water to dissolve it, about one teaspoonful, and stir over hot water. Sift the sugar over the cream, stirring it in carefully, add the wine and the dissolved gelatin. Stir immediately and continually until it begins to thicken. Pour into a cup or mould lined with lady-fingers. Keep in a cold place for an hour and it is ready to serve.

This may also be served on slices of sponge-cake, or hollow out the centre of a small cake and fill in with the cream.

### Bisque Charlotte Russe.

Follow preceding recipe, and, after adding the sugar, stir in two tablespoonfuls of stale or toasted sponge-cake crumbs.

### Gelatin Cream.

Make the same as Charlotte Russe, omitting the sponge-cake.

### Fruit Charlotte.

Make a cup of gelatin cream, and just before pouring it into the mould or serving-dish add one-half cup of chopped dates or figs.

### Chocolate Bavarian Cream.

- One cup of milk.
- One cup of cream.
- One-fourth cup of cold water.
- Two tablespoonfuls of sugar.
- One tablespoonful of grated chocolate.
- One-fourth box of gelatin.

Whip the cream and stand in a cool place. Cover the gelatin with the cold water and let it soak until soft. Heat the milk, add the chocolate, which has been moistened with a little cold milk. Cook ten minutes over hot water or in a double boiler. Add the sugar and gelatin, stir until dissolved. Strain into a bowl standing in cracked ice. Stir until it begins to thicken, add the whipped cream, mix thoroughly, and pour into a mould. Stand on or near the ice for an hour. Serve cold with cream.

### Spanish Cream.

- One-eighth box of gelatin.
- One cup of milk.
- One egg.
- Two tablespoonfuls of sugar.
- Two tablespoonfuls of cold water.
- One tablespoonful of sherry wine.



Cover the gelatin with the cold water and let it stand until soft. Scald the milk, beat the yolk of egg until light, add the sugar and hot milk. Return to the fire and cook until creamy, add the gelatin, stir until dissolved, strain, add the sherry wine and the white of egg beaten to a stiff froth. Turn into a mould and stand in a cold place for an hour or more.

### Calf's-Foot Jelly.

One calf's foot.

One and one-half quarts of water.

White of one egg.

Two-inch stick of cinnamon.

One-fourth blade of mace.

One cup of sugar.

Juice of one lemon.

Grated yellow rind of one-half of a lemon.

Have the foot split into halves, then cracked into several pieces. Wash well. Place them in a kettle and cover with the one and one-half quarts of cold water. Bring slowly to a boil, then skim and simmer about three hours. Strain and cool. When cold remove the fat from the top and the sediment from the bottom. Heat the jelly, add the lemon-peel and juice, cinnamon, mace, and sugar. Beat the white of egg slightly; stir into the jelly. Boil about five minutes, then let it stand off the fire about five minutes before straining it through a flannel bag or three thicknesses of gauze or cheese-cloth. Pour into moulds or small cups. Stand in a cold place to form a jelly.



### CAKES.

MUCH depends on the baking of a cake. For the recipes given in this chapter a moderate oven is required. Have the oven the proper temperature before mixing the cake, as it must be baked immediately. Place the cake in the centre of the oven and do not attempt to bake anything else at the same time. Also allow your cake to bake at least ten minutes if small, and fifteen or twenty if large, before opening the oven door, then do not move the cake unless necessary, and close the oven door gently or the cake may fall.

To test a cake, when it looks done, hold it to your ear; if it ticks loudly, return it to the oven; if the ticking is very faint, it is sufficiently baked.

Another test is to run a broom splint or straw down the centre. If it comes out clean the cake is done.

*Or*, when the cake begins to leave the sides of the pan it is probably done.

When sufficiently baked, remove the cake from the oven and turn it out of the pan as gently as possible; then do not handle again until it is cold.

#### Sponge-Cake.

Three eggs.

One-half cup of granulated sugar.

One teaspoonful of lemon-juice.

Grated yellow rind of one-fourth of a lemon.

One-half cup of pastry flour.

Separate the eggs, beat the yolks (in a bowl) until *very, very* light, add the sugar gradually, beating all the while, add the flavoring, and beat several minutes.

Beat the white to a stiff froth, stir into the yolks and sugar, sift in the flour gradually, stirring all the while. After adding whites of eggs and flour stir as little as possible and do not beat again. Pour into a cake-pan that you have previously lined with plain paper. Bake about thirty-five minutes, or until done, in a moderate oven.

This cake is also very nice baked in iron or granite muffin-pans.

### Cream Sponge-Cake.

Before baking the cake make the filling as follows:

One cup of milk.

Yolks of two or three eggs.

Grated yellow rind of one-fourth of an orange.

Two tablespoonfuls of orange-juice.

Two tablespoonfuls of sugar.

One and one-half tablespoonfuls of cornstarch.

Heat the milk, add the cornstarch (which has been mixed with a little cold milk), stir until it thickens, and cook five minutes or more. Beat the yolks until light, add the sugar and grated orange-peel, then add the milk and cornstarch. Cook a few minutes (below boiling-point, or it will have a curdled appearance). Remove from the fire, add the orange-juice, and let it cool while you bake a sponge-cake as directed in the preceding recipe, baking it in two pans. When done and still warm put the filling between the two layers.

*Or*, with a fork hollow out the centres of individual sponge-cakes, and fill in with the custard.

### Angel's Food.

Whites of six eggs.

Three-fourths cup of granulated sugar.

A small pinch of salt.

One-fourth level teaspoonful of cream of tartar.

One-half cup of pastry flour.

Sift the flour five times. Add salt and cream of tartar to the whites of eggs. Beat to a stiff froth. Sift in the sugar gradually, stirring all the while. Then sift in the flour gradually. When mixed, pour into an ungreased pan and bake in a very moderate oven one-half hour or more. When done, remove carefully the pan. Handle as gently as possible.

### Sunshine-Cake.

Beat the yolks of two eggs until light, then add to the well-beaten whites of six eggs. Then proceed as directed under Angel's Food.

### Sponge-Cake Croquette.

Cut a piece of sponge-cake to resemble a croquette, or any shape desired. Toast the trimmings of cake until a golden brown. Roll fine. Dip the cake quickly into cream or milk. Pick it up with a fork and dust it all over with the brown crumbs. Serve with whipped cream or a soft custard sauce.

The cream may be slightly sweetened and flavored with sherry wine before the dipping if desired.

### Marguerites.

Toast plain crackers. Spread them with lemon-butter, chopped dates (without skins and stones), or any desired jelly.

Beat the white of one egg to a froth, add (slowly) a teaspoonful of powdered sugar, and beat until very stiff. Heap in fancy shapes over the crackers, dust with sugar, and brown in the oven, or cook the *meringue* as directed under French Custard (page 231).



## SWEET OR PUDDING SAUCES.

### Soft Custard Sauce.

FOLLOW recipe for Soft Custard (page 231).

### Hot Egg Sauce I.

One egg.

One cup of water.

Two tablespoonfuls of sugar.

One level tablespoonful of cornstarch or arrowroot.

Bring the water to a boil, moisten the cornstarch with a little cold water, pour into the boiling water, stirring until clear. Remove from the fire and pour into the well-beaten egg, beating all the while, add the sugar, reheat over hot water, and it is ready to serve.

If desired, a teaspoonful of sherry wine or lemon-juice may be added just before serving.

The flavor is also improved if a few gratings of the yellow lemon-peel is added to the cold water.

### Hot Egg Sauce II. (with Milk).

One egg.

One cup of milk.

Two tablespoonfuls of sugar.

One level tablespoonful of cornstarch or arrowroot.

One teaspoonful of sherry wine (if used).

Bring the milk to a boil, moisten the cornstarch or arrowroot with a little cold milk, pour it into the boiling milk and stir several minutes until it thickens. Remove from the fire and pour into the well-beaten egg, beating all the while, add the sugar, reheat over hot water, and it is ready to serve.

If desired, a teaspoonful of sherry wine may be added.

### **Caramel Sauce.**

One-half cup of granulated sugar.

One-half cup of water.

Put the sugar in an aluminum or iron saucepan and stir with a wooden spoon over a quick fire until the sugar melts and becomes an amber color, then pour in the water, stir several minutes, remove from the fire and cool.

### **Cream Sauce.**

One-half cup of cream.

One level tablespoonful of granulated sugar.

One teaspoonful of sherry wine.

Dissolve the sugar in the cream, and just before serving stir in the sherry wine.

If desired, a small pinch of mace may be added.

### **Peach Sauce.**

See page 221.

### **Wine Sauce.**

One cup of water.

One egg.

Grated yellow rind of one-fourth of a lemon.



Two tablespoonfuls of sugar.

One level tablespoonful of cornstarch or arrowroot.

Two tablespoonfuls of sherry wine.

Add the yellow rind of lemon to the water, then bring to boiling, moisten the cornstarch with a little cold water, pour into the boiling water, stirring until clear. Remove from the fire and pour into the well-beaten egg, beating all the while, add the sugar, re-heat over hot water, and add the wine. Serve hot.

### Hot Chocolate Sauce I.

One-half cup of milk.

Two tablespoonfuls of sugar.

One level tablespoonful of rice flour, cornstarch, or arrowroot.

One tablespoonful of grated chocolate.

Melt the chocolate in a saucepan over hot water, add the hot milk slowly, stirring all the while. When boiling add the rice flour or cornstarch, which has been moistened with a little cold milk. Stir until it thickens. Remove from the fire, add the sugar, and it is ready to serve.

### Hot Chocolate Sauce II. (Egg Thickening).

One-half cup of hot milk.

Two tablespoonfuls of sugar.

White of one egg.

One tablespoonful of grated chocolate.

Melt the chocolate in a saucepan over hot water, add the hot milk slowly, stirring all the while. When smooth, pour into the well-beaten white of egg, stir in the sugar, and it is ready to serve.



### Cold Chocolate Sauce.

- One-half level teaspoonful of granulated gelatin.
- One tablespoonful of sugar.
- One cup of milk.
- One ounce of chocolate.

Cover the gelatin with the milk and let it soak a half-hour, then heat gradually, stirring all the while; add the chocolate (which has been melted over hot water). When well mixed, remove from the fire, strain, and add the sugar. Serve cold.

### Lemon Sauce I.

- One cup of water.
- One lemon.
- One-half cup of granulated sugar.
- One tablespoonful of flour or cornstarch.
- One egg.

Grate the yellow rind of half the lemon into the cold water, bring to boiling. Mix the flour or cornstarch and sugar, add quickly to the boiling water. Stir several minutes, and pour into the well-beaten egg, beating all the while. Serve hot.

### Lemon Sauce II.

- One cup of water.
- One-eighth cup of Irish moss.
- Two tablespoonfuls of sugar.
- Two tablespoonfuls of lemon-juice.
- A few gratings of the yellow rind of a lemon.

Soak the moss in lukewarm water ten minutes, then wash each piece thoroughly in cold water. Drain

and soak in the cup of cold water a half-hour. Add the yellow rind, then stir and slowly heat until it is steaming hot, then let it simmer about ten minutes. Strain through a fine sieve. Stir in the lemon-juice and sugar. Serve warm.

### Lemon Sauce III.

Follow recipe for Egg-Cream or Lemon-Butter.

### Currant-Jelly Sauce.

One cup of water.

Two tablespoonfuls of currant-jelly.

One tablespoonful of sugar.

One level tablespoonful of rice flour or cornstarch.

Bring the water to a boil, add it to the currant-jelly and stir until dissolved, and when again boiling add the rice flour or cornstarch (which has been moistened with a little cold water). Cook several minutes, remove from the fire, add the sugar. Serve hot or cold.

A few drops of lemon-juice may also be added if desired.



### FROZEN FOODS.

BEEF-TEA, whipped cream, ice-cream (with small amounts of flavoring and sugar, and sometimes without either), frozen fruits, albumenized fruit-juices, etc., are often ordered.

These are also usually desired in small quantities,

so the following methods are not only convenient but entirely satisfactory. In this way you can control the ingredients of your frozen foods better and get the required nutriment in a pure form.

### Method of Freezing I. (without a Freezer).

Choose a glass jar (pint or quart size) with a tight-fitting screw top and rubber (such as are used for canning and preserving). Turn in the mixture to be frozen. Screw down the lid and place the jar in the centre of a kettle or small bucket and pack with alternate layers of finely chopped ice and rock-salt. Use one-third rock-salt and two-thirds ice. Allow an hour or more for the freezing.

The more salt used the quicker the freezing. However, the slower the freezing the smoother the result.

Ice-cream is improved if the thick layer which first forms on the sides of the jar is stirred in with a wooden spoon and well beaten. This may be repeated two or three times during the first half-hour of the freezing.

Care must be taken that no salt gets into the jar, so it is well to only pack the bucket within an inch of the lid of the jar for the first half-hour, or until the beating and stirring are finished. Then pack with layers of ice and salt (as before) until the jar is completely covered. Place over the whole a wet cloth and stand aside until wanted.

Whipped cream is used in many of the following recipes, though plain cream should be substituted whenever the patent freezer is used.

**Method of Freezing II. (with Patent Freezer).**

There are now several makes of patented freezers, holding but one pint. These are very convenient. The can and dasher must be kept absolutely clean. With this method follow any of the following recipes, using plain cream in place of the whipped cream and just one-half the quantity, as it will double its bulk in the churning.

*To freeze.*—After mixing all the ingredients, pour them into the freezer, put on the lid securely, and pack with alternate layers of finely chopped ice and rock- or ice-cream salt (using one-third salt and two-thirds ice). Turn until stiff, about three minutes or more, according to make of freezer.

The ice-cream is improved if allowed to stand (repacked).

**Whipped Cream.**

Choose double cream or that which has stood on the milk at least twenty-four hours. It will then whip easily and leave little or no liquid residue. It must be very cold before the whipping is started. Also place a large bowl on the ice to become thoroughly chilled. Pour the cream into the bowl and whip until thick with one or two ordinary egg-beaters. This is best done in a cool place.

Any quantity of cream may be whipped, but it will take longer to whip a half-cup than a pint of cream.

Do not whip longer than to bring the cream to a thick froth, or it will turn to butter.

If obtainable, a "cream-whipper" is the quicker and more convenient method; but they are most objectionable unless scalded and kept very clean.

The above directions can be used with the same result.

A silver fork is best to whip a few tablespoonfuls of cream or any small quantity.

### **Plain Ice-Cream, or Frozen Whipped Cream.**

Whip any desired quantity of cream as above directed. Turn into a jar and freeze.

If desired, it may be slightly sweetened.

### **Ice-Cream.**

One cup of whipped cream.

One tablespoonful of powdered sugar.

One teaspoonful of sherry wine.

Sift the sugar over the cream. Stir in the sherry wine. Place all in a jar and freeze as directed.

### **Bisque Ice-Cream.**

One cup of whipped cream.

Two tablespoonfuls of sponge-cake crumbs.

One teaspoonful of sherry wine.

One or two tablespoonfuls of powdered sugar.

Toast the sponge-cake and roll fine. Add the crumbs to the whipped cream. Stir in the sugar and sherry wine. Freeze in a jar as directed.

### **Chocolate Ice-Cream.**

One cup of whipped cream.

One teaspoonful of sherry wine.

One tablespoonful of grated chocolate.



Two tablespoonfuls of powdered sugar.

One-fourth cup of hot milk.

Mix the chocolate with a little cold water, add one-fourth cup of hot milk, and cook over hot water about ten minutes. When cooled add the sherry wine and sugar, then stir carefully into the whipped cream. Freeze as directed, but allow a longer time for the freezing.

### Frozen Custard.

One cup of milk.

One egg.

Two tablespoonfuls of sugar.

One tablespoonful of sherry wine.

Scald the milk. Beat the yolks until light, add the sugar, then slowly add the milk, beating all the while. Cook over hot water or in a double boiler, stirring until it is the consistency of rich cream. Beat the white to a stiff froth. Stir into the custard. Stand in a cool place, and when cold add the sherry wine or a few drops of any desired flavoring. Pour into a jar and freeze as directed.

### Lemon Ice.

One cup of cold water.

White of one egg.

Yellow rind of one-eighth of a lemon.

Three tablespoonfuls of sugar.

Two tablespoonfuls of lemon-juice.

Bring the water and grated yellow rind of lemon to a boil. Mix the sugar and lemon-juice together, add



the boiling water, slowly, stirring all the while. Pour over the white of egg, which has been beaten to a stiff froth. When cold freeze as directed.

### Orange Ice.

One cup of orange-juice.  
White of one egg.  
Yellow rind of one-fourth of an orange.  
Three tablespoonfuls of powdered sugar.  
One teaspoonful of lemon-juice.

Bring the orange-juice and grated yellow rind to a boil, remove from the fire, add the sugar and lemon-juice. Pour into the well-beaten white of egg, stirring all the while. When cooled, freeze as above.

### Frozen Fruits.

One cup of fruit.  
Three tablespoonfuls of powdered sugar.  
White of one egg.

Wash any desired fresh ripe fruit. Mash with a silver fork. Add the sugar and the well-beaten white of one egg. Freeze as directed for Ice-Cream.

### Frozen Beef-Tea.

One cup of beef-tea.  
White of one egg.

Beat the white of egg to a stiff froth and stir in a cup of well-made beef-tea (preferably the "red kind." See page 43.) Turn into a jar and freeze as directed for Ice-Cream until the consistency of a thick mush.

**Frozen Beef-Juice Albumenized.**

One-half cup of beef-juice.

White of one egg.

Whip the white to a stiff froth, stir in the beef-juice. (See pages 41 and 42.) Turn into a jar and freeze as directed for ice-cream.

**Frozen Clam-Juice or Clam Frappé.**

White of one egg.

One-half cup of clam broth or juice.

Whip the white of egg to a stiff froth and stir in the clam broth. Freeze as directed under Ice-Cream.

**ADDITIONAL RECIPES.****White of Egg and Ice.**

Whip the white of egg to a stiff froth and stir in a tablespoonful of shaved or finely cracked ice. Serve immediately before the ice melts.

**Oatmeal Caudle.**

One-half pint oatmeal gruel.

Yolk of one egg.

One teaspoonful of granulated sugar.

One teaspoonful of brandy or whiskey, or one tablespoonful of sherry or port.

(See recipe for oatmeal gruel, pages 123, 124.)

Pour a cupful (one-half pint) into a saucepan, and when hot (not boiling) add the sugar, egg, wine or brandy, etc. (which have all been well beaten together). Stir over the fire a few minutes. Remove before it boils, or it will have a curdled appearance. Serve immediately.

**Devonshire Cream.**

Place a quart of milk in a large double boiler (or milk boiler), let stand in a cold place about twenty-four hours, then (without disturbing the cream that has risen to the top) heat very slowly until it is—only—steaming hot. Cool quickly and remove the cream carefully from the surface. To be used in place of butter.

**Venison.**

Select a steak from the loin or round and broil or pan-broil the same as a beefsteak. It must be served

rare. Just before serving pour over it a tablespoonful or more of claret if desired. The pan-broiling may be done on a chafing-dish.

### Birds.

Those served rare (not raw) are:

Snipe.

Woodcock.

Reedbird\*.

Quail\*.

Wild duck.

*Served well done:*

Squabs, pheasants\*, partridges\*, grouse\*, or prairie hen. (See, also, pages 167, 168.)

### Ham, Boiled and Baked.

Preferably select a whole ham (from a reliable dealer), wash it well, cover with cold water, and bring slowly to boiling. This will require between one and two hours. Skim and boil *slowly*, allowing twenty minutes or more for each pound. When tender, carefully remove the skin, cover with beaten egg and bread crumbs, and bake in a hot oven until brown. If desired cold, do not bake the ham, but allow it to cool in the water in which it was boiled. If an end of ham is used, select the broad end, cover with boiling water, instead of cold, and then finish as above directed.

### Wheat Breakfast Porridges.

There are a large number of breakfast foods on the market made from wheat, both "rolled" into flakes (as "Pettijohn's Breakfast Food") and "cracked." The latter are usually composed of one or more different parts or boltings of the wheat, and are sold under

such names as "Cream of Wheat," "Wheatlet," "Vitos," "Wheat Germ," "Wheatena," "Ralston's Breakfast Food," etc.

A general rule for cooking will apply to all.

One-half pint of rolled or cracked wheat.

One pint of boiling water.

One-half teaspoonful of salt.

Add the salt to the boiling water, then sprinkle in the wheat, stirring all the while. Then cook in a double boiler from thirty to forty minutes. Serve hot or cold with milk or cream.

### Rice.

In addition to the recipes already given, the author has been asked to give several ways of serving rice with tomatoes, cheese, etc., and also to emphasize the importance of choosing the best grades of "head" rice, such as the Patua and Carolina rice.

To be easy of digestion, rice must be thoroughly masticated, otherwise it is an objectionable food for an invalid.

Many people relish rice plain boiled. However, when this is not the case, it is usually advisable to boil it in stock or serve it with tomatoes, as a vegetable pudding, etc.

### Rice Vegetable Pudding.

One cup boiled rice.

One cup milk or one cup of cream sauce.

Two eggs.

One-quarter teaspoonful of salt.

One-half teaspoonful of onion-juice.

One teaspoonful of finely chopped parsley.

Use rice that has been boiled in stock or water. Beat the eggs until light, add the milk, parsley, onion-juice, salt, and rice. Pour into one or two baking dishes, dust the top with dry bread-crumbs, and bake about fifteen minutes or until a custard has formed.

### Rice and Tomatoes.

One-half cup of (boiled) rice.

One-half cup of stewed tomatoes or tomato sauce.

Onion-juice and parsley if desired.

Use rice which has been boiled in stock or water. Mix the hot rice and tomato (also onion-juice and parsley if used). Serve at once, or, better, pour into one or two baking-dishes, dust the top with stale bread-crumbs, and bake about ten minutes.

### Rice and Cheese.

One-half cup of boiled rice.

One-half cup of cream or white sauce I.

Two tablespoonfuls of soft American cheese.

Make the sauce, add the rice and cheese, which has been grated or cut into small pieces. Pour into one or two baking-dishes, dust the top with stale bread-crumbs, and bake about fifteen minutes or until thoroughly heated and the cheese just melted.

### Rice Soufflé I.

One-half cup of boiled rice.

One-half cup of milk or stock.

One egg.

A pinch of salt.



Few drops of onion-juice.

One-half teaspoonful finely chopped parsley.

Cook the rice and stock or milk in a double boiler until very soft. Press through a sieve. Add seasoning and yoke of egg. Mix well. Then stir in the white of egg, which has been beaten to a stiff froth. Bake about fifteen minutes in a moderate oven.

### Rice Soufflé II. (with Flaked Rice).

Heat one cup of milk; then add enough flaked rice to make a thin mush; add a pinch of salt (if desired, a few drops of onion-juice and one-half teaspoonful of finely chopped parsley). Mix well, add the yolk of egg, and then stir in the whites which have been beaten to a stiff froth. Bake in a moderate oven about fifteen minutes.

### Rice and Cheese Soufflé.

Follow either of the preceding recipes, adding two tablespoonfuls of *grated* soft American cheese when adding yolk of egg.

### Rye Bread.

Follow directions for making whole wheat bread, substituting rye flour for the whole wheat flour.

### Graham or Bran Bread.

One-half cup of milk.

One-half cup of boiling water.

One-fourth ounce of compressed yeast-cake.

One-half level teaspoonful of salt.

One tablespoonful of sugar or molasses.

One-half pint white or whole wheat flour.

Graham flour.

Pour the boiling water into the milk, add the salt and sugar or molasses. When just luke-warm add the yeast which has been dissolved in a spoonful of cold water. Add the half-pint of white or whole wheat flour, beat thoroughly, then add gradually enough Graham flour to make a very stiff batter. Beat well. Pour into a greased bread-pan; stand in a warm place (about 75° F.) about two hours, or until it has doubled its bulk. Bake in a moderate oven about three-quarters of an hour.

### To serve Spaghetti.

After being boiled, spaghetti may be covered with stock, tomato or white sauce, and cooked in a double boiler twenty to thirty minutes. Before serving dust the top with fine toast-crumbs.

*Or*, bake as directed in following recipes.

### Spaghetti.

*To boil.* Have stock or (salted) water boiling in a saucepan. Push the spaghetti into the water gradually (but quickly) as it softens. Boil rapidly for twenty minutes, then drain, and it is ready to be mixed with tomato or cream sauce, etc. Spaghetti is usually served in the long form in which it is purchased, but for convenience in eating it may be broken before cooking when desired.

### Spaghetti and Tomato Sauce.

Two ounces of spaghetti.

One cup of tomato sauce.

Boil the spaghetti as above directed, place in a baking-dish, mix with the tomato sauce, dust the top

with fine bread-crumbs, and bake about twenty minutes in a hot oven.

### **Spaghetti with Cream Sauce.**

Two ounces of spaghetti.

One cup of cream or white sauce.

One-half teaspoonful of onion-juice if desired.

Boil the spaghetti as directed. Make a cup of cream or white sauce. Put a layer of sauce in a baking-dish, then a layer of spaghetti, and so continue, having top layer sauce. Dust with stale bread-crumbs and bake in a hot oven about twenty minutes.

### **Spaghetti with Cheese.**

Follow preceding recipe, adding two to five tablespoonfuls of grated soft American cheese to the sauce before adding the spaghetti.

### **Macaroni with Cheese.**

Two ounces of macaroni.

Two tablespoonfuls of grated American cheese.

One cup of milk.

One level tablespoonful of flour.

One level tablespoonful of butter.

One-half level teaspoonful of salt.

Boil the macaroni as directed (page 194). Rub the butter and flour together in a sauce-pan, add the milk. Stir over the fire until boiling. Add salt and cheese. Pour a layer of the sauce into a baking-dish, then a layer of macaroni, and so continue, having top layer sauce. Sprinkle with stale bread-crumbs and bake in a moderate oven twenty to thirty minutes.

**Fresh Fruits** (see List, page 28).

All fruits must be perfectly fresh and sound to be wholesome, and should be thoroughly ripe when eaten uncooked.

Fruits should be delicately handled and thoroughly but quickly washed in drinking water.

Uncooked fruits should be eaten without sugar, excepting grape-fruit and shaddocks. It must be remembered that sugar will disguise the acid, but not correct or neutralize it.

Such thick-skinned fruits as apples, peaches, plums, pears, etc., must all be pared just before eating, and a silver knife should always be used.

**Fruit-Juice.**

When the whole fruit disagrees with a patient or is undesirable on account of seeds, etc., the juice may be squeezed or pressed from oranges, grapes, blackberries, huckleberries, etc. Strain the juice into a dainty glass cup, and serve it uncooked and without sugar.

**Dates, Figs, and Raisins**

must be thoroughly washed, then dried in the sun or in a slow oven, and cooled before serving.

**Apple-Pulp.**

Select a sweet eating apple, pare, then scrape the pulp with a silver knife or spoon. It should be about the consistency of mush.

**Grape-Fruit.**

These are extremely acid and should only be eaten under a physician's orders.

Cut into halves, crosswise, remove the pulpy core, cover with granulated sugar. Let stand about one hour before eating.

If wine is used, one or two tablespoonfuls of sherry may be added with the sugar.

### **Pineapples (Shredded).**

See page 223.

### **Peaches (see page 252).**

#### **Beef-Tea Jelly.**

Three-fourths cup of beef-tea I. (see page 43).

One level teaspoonful of granulated gelatin.

Cover the gelatin with two tablespoonfuls of cold water, and let it soak about five minutes. Then stir the softened gelatin over hot water until dissolved (no longer), add it to the beef-tea, and strain into a mould or serving dish. Then stand in a cold place for an hour or more.

Serve plain or on a lettuce-leaf. If more nutriment is desired, the whites of eggs may be added to the beef-tea (before making the jelly), as directed on page 72.

As beef-tea I. (*i.e.*, the red kind) can never be served very hot, it is more palatable to many if served cold in a jellied form.

*Beef-juice* may be substituted for the beef-tea in the above recipe.

#### **Chicken-Jelly (with White of Egg).**

Three-fourths cup of chicken broth or stock.

One level teaspoonful of granulated gelatin.

Whites of one or several eggs.



Cover the gelatin with two tablespoonfuls of cold chicken stock and let it soak about five minutes. Place the whites of eggs in a bowl. Heat about three tablespoonfuls of the liquid until lukewarm (not hot) and pour into the whites, beating all the while with a fork. Now add the remainder of the liquid and strain through a coarse sieve. Stir the softened gelatin over hot water until dissolved (no longer). Stir in the chicken stock, and strain into a mould or serving dish. Serve with lettuce, etc.

### Kumiss.

When properly prepared, kumiss is a delicious, effervescing drink, very nutritious, and usually relished. With some, however, it is an acquired taste, so if the first glass is a disappointment the next one will probably be a pleasure.

It contains a small percentage of alcohol (not enough to be intoxicating, but noticeably heating) and some carbon dioxide gas, which causes the effervescence.

When served, kumiss should resemble a very rich cream, slightly whipped and frothy.

*To make Kumiss.*—Strong bottles are required (such as are used for beer or the carbonated beverages), also *good quality* corks, heavy twine, milk, yeast, sugar, thermometer, and champagne tap (costing from fifty cents to a dollar) for serving the kumiss.

Partly skimmed milk is suitable for kumiss, a very rich milk not being necessary.

If much fat is desired, at serving time pour a little cream into the glass before adding the kumiss.



For six pint-bottles allow two quarts of milk, one-third of an ounce of compressed yeast cake (or one-third cup of home-made yeast), and two tablespoonfuls of granulated sugar.

An hour before you wish to make the kumiss put the corks to soak in hot water, then thoroughly wash the bottles (using a bottle-brush and soapy water; rinse thoroughly). Place the bottles in a large boiler on an improvised rack of tin or straw (if regular bottle rack is not obtainable), cover the bottles with cool water, bring to boiling, and continue to boil five minutes.

Cook the milk in a double boiler, having the water boiling in the under pan all the while. From the time the milk becomes steaming hot, continue the heating for ten minutes, then cool the milk until merely lukewarm ( $100^{\circ}$  F.), add three tablespoonfuls of boiling water to the two tablespoonfuls of sugar, and stir over the fire until dissolved. Add this sugar solution and the yeast cake (which has been dissolved in merely lukewarm water) to the milk, mix thoroughly, and pour into the bottles, filling them only three-quarters full.

Place a cork in each bottle, then drive it in with a wooden mallet, or hold the bottle horizontally and hit the cork against a door jam, or some hard surface. There is little if any danger of breaking the bottle in this way as is the case with a corking machine.

*To tie the Corks securely in the Bottles.*—Cut a piece of fairly heavy twine eighteen inches in length, double it, and tie a knot one inch from the folded end, thus forming a loop. Tie this (with a couple of knots) around the bottle, just below the head, having the loop on one side and the two loose ends (opposite) on the

other side. Bring one end across the cork and through the loop. Bring this end back and tie with a tight knot with the remaining end. A shallow groove can be cut across the top of the cork (before tying), to prevent the cord from slipping.

*To ripen or ferment the Kumiss.*—Place the bottles in a warm place (about 80° to 85° F.) for twelve hours. Then remove them to a cooler place (about 50° F.; as a slightly heated room in winter or a cellar or cave in summer) for two days. It is now ready to use, and if placed on the ice it will keep a long time.

It must not freeze, however, and it will also spoil if kept in too warm a place.

*To serve Kumiss.*—Open the bottles with a champagne tap, otherwise it may pop out of the bottle with great force and some will be lost. Drawing the kumiss through a tap also accomplishes the proper mixing. The tap must be kept clean by allowing water to run through it.

If a champagne tap cannot be obtained the bottles should only be opened when very cold and without being shaken.

When the full amount of gas is objectionable, it can readily be lost by pouring the kumiss from one glass to another several times.

Much stress has been placed on sterilizing the bottles and pasteurizing or sterilizing the milk in the preceding recipe, because without these precautions one cannot be sure of getting uniform results; also, if the milk is kept at a higher temperature than advised for the first twelve hours (*i.e.*, about 80° F.), it will probably curdle and be spoiled.

### **Kefir (Kephir).**

This is practically a kumiss fermented with kefir grains instead of yeast. The kefir grains, found in the Caucasus Mountains, may be obtained at most drug-stores, although rather expensive. They grow somewhat like yeast, and resemble fragments of cauliflower. The grains are usually purchased in a dried condition, being then soaked in milk and kept in a warm place until they swell and grow considerably. They are then ready to ferment milk, for which about three days will be required.

Kefir tastes very much like buttermilk.

### **Clabbered Milk (or "Bonny Clabber").**

This is an old-fashioned milk food and a very good one. It is simply and quickly made, compared with kumiss or kefir. It does not contain the alcohol and carbon dioxide gas, thus rendering it inferior to kumiss for many cases.

For one quart of clabbered milk allow one tablespoonful of sour milk and one quart of skimmed milk. Cook the milk in a double boiler for thirty minutes, having the water in the under pan boiling all the time.

To obtain the sour milk, place a small quantity of sweet milk in a bottle, or dish, cover closely, and stand in a warm place (about 85° F.) until it forms a jelly. It is not safe to use milk that has become sour from careless handling. When the cooked milk has been cooled until merely lukewarm, stir in the sour milk. Cover and stand in a warm place (80° to 85° F.) for several hours, until it forms a thick jelly. Then beat with an egg-whip for several minutes. If not used immediately, pour into bottles, cork, and keep in a

cold place or on ice. It may be thus kept for several days.

To serve, pour into a glass and add two or more tablespoonfuls of cream; mix thoroughly. The cream may be omitted.

### Poached Eggs (note).

These may also be served with a cream or tomato sauce, either with or without toast, also on slices of broiled bacon. (See page 134.)

### Breads (note).

Usually each pint of liquid will require three pints of sifted flour. Flours vary slightly, but this will prove a good guide.

There are now a large number of kneading-machines, or bread-mixers, on the market at a moderate cost. They are a great convenience, especially for any one not accustomed to kneading bread. (See page 212.)

### Albuminized Drinks or Egg-Water.

*To sweeten without Sugar.*—Add one or two teaspoonfuls of soluble saccharin water solution, with or without one or two teaspoonfuls of glycerin, to each half-pint of liquid. (See page 72.)

## SUBSTITUTES FOR CANE-SUGAR.

1. Soluble Saccharin \*<sup>1</sup> (sold under the trade names, Crystallose, Garantose Crystals, Heyden Sugar Crystals, Glycosine Crystals, etc.).
2. Glycerin \*<sup>2</sup> and Soluble Saccharin.
3. Levulose.

SOLUBLE saccharin is not a food, as is sugar, but purely a condiment, or flavoring material, of intense sweetening power.

One pound of this soluble saccharin is equal in effect to four hundred and fifty to five hundred pounds of cane-sugar. It can only be used when dissolved in a liquid (even in small amounts it cannot be used in a dry state sprinkled over food). If too strong a solution be used, or too much is taken, the taste changes from sweet to bitter. Every dish should be tasted before being served, and, if not *perfectly* satisfactory, discarded and another prepared. The slightest mistake in following these recipes may give distasteful results, which, to say the least, would probably prejudice the patient.

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<sup>1</sup> Soluble saccharin (sodium sulphamin benzoate) is made primarily from a substance known to chemists as toluene, and has been found to be harmless in the moderate quantities required for sweetening food. Pure or refined saccharin (benzosulphinid) cannot be substituted for the soluble saccharin (sodium sulphamin benzoate) in these recipes. It has a sweetening power about five hundred and fifty times greater than cane-sugar, but is much less soluble in cold water than its sodium compound. Official in United States Pharmacopœia of 1900, Sodii Sulphamin Benzoas. Sodium Sulphamin Benzoate (Soluble Saccharin).

<sup>2</sup> The use of glycerin to supplement the sweetening power of soluble saccharin was suggested by Judson Daland, M.D.



Soluble saccharin may be dissolved in water, milk, etc., or *pure*, colorless glycerin. The latter adds to its sweetening power. The soluble saccharin is much more limited in its sweetening power when used without the glycerin, and glycerin alone is not a successful sweetener, but when used with the soluble saccharin the combination is most satisfactory. The glycerin adds a certain body and richness to liquids which is otherwise lacking when the soluble saccharin is used alone.

When carefully and skilfully used, these sweeteners cannot be distinguished from cane-sugar sweetening in foods, in which each half-pint will not require more than two teaspoonfuls of soluble saccharin solution, used with or without the proportionate amount of glycerin. Thus these "sweeteners" may be used in most all of the recipes in this book in which a sweetener is required, excepting cranberry sauce and jelly, cakes, soufflés, and meringues. However, the last two mentioned are palatable if made without a "sweetener," but eaten with sweetened cream or a sauce.

Soluble saccharin may be purchased at drug-stores under different trade names,—viz., Crystallose, Garantose Crystals, Heyden Sugar Crystals, Glycosine Crystals, etc. It comes in the forms of small transparent crystals or a fine white powder. It may also be obtained in tablets and crystals of nearly uniform size, useful when travelling, but not advised in these recipes. It is usually put up in one-ounce packages, but may be purchased in smaller amounts as desired. For household purposes it is convenient to have it weighed at the drug-store and divided into small packages, each



containing one gramme (fourteen and three-fourths grains).

*To make Soluble Saccharin Water Solution.*—Dissolve one gramme (fourteen and three-fourths grains) of soluble saccharin (sodium sulphamin benzoate) in one-half pint of drinking water. Keep this solution in a perfectly clean bottle, or glass jar, with tight-fitting stopper or lid. It will then retain its sweetening power for several weeks at least.

### Glycerin and Soluble Saccharin.

The soluble saccharin may be dissolved in the glycerin, allowing eight ounces of glycerin for each gramme (fourteen and three-fourths grains) of soluble saccharin. However, in these recipes it is advised to use the soluble saccharin water solutions, and add glycerin as it is needed, thus making it possible to regulate the amount of glycerin used and change the proportions when necessary. Each half-pint of liquid may be sweetened in several different degrees,—viz.:

Allow one teaspoonful of soluble saccharin water solution (moderate).

Allow one teaspoonful of soluble saccharin water solution and one teaspoonful of glycerin.

Allow two teaspoonfuls of soluble saccharin solution and one teaspoonful of glycerin.

Allow two teaspoonfuls of soluble saccharin water solution and two teaspoonfuls of glycerin (maximum sweetness).

If more sweetening matter is added than advised above, a bitter, disagreeable after-taste is noticeable.

Food should only be sweetened with soluble saccharin when advised by the physician.

Most patients would be allowed two or three teaspoonfuls of glycerin and from two to ten grains of soluble saccharin per diem. However, the quantity will be regulated by the physician.

The amounts can be easily calculated, as six teaspoonfuls of soluble saccharin water solution would contain a trifle less than two grains, which is usually sufficient to sweeten food for one person per diem.



## RECIPES.

### Eggnog I.

One egg.

One teaspoonful of soluble saccharin water solution and one teaspoonful of glycerin *or* two teaspoonfuls of soluble saccharin water solution.

One-half pint of milk (plain or "diabetic milk").

One teaspoonful of brandy or of whiskey.

Beat the egg until light, add the milk, then the sweetener, grating of nutmeg, and the stimulant. Pour from one glass to another several times.

### Eggnog II. (Without Milk).

One egg.

Two teaspoonfuls of soluble saccharin water solution or one teaspoonful of soluble saccharin water solution and one teaspoonful of glycerin.

One or two tablespoonfuls of cream.

One-half pint of cold water or whey.

Grating of nutmeg.

One teaspoonful of brandy or whiskey.

To mix, follow directions in preceding recipe.

### Milk Punch.

One cup of milk.

One to two teaspoonfuls of soluble saccharin water solution, or one teaspoonful of glycerin and one teaspoonful of soluble saccharin water solution.

Grating of nutmeg.

One tablespoonful of brandy or whiskey.

Mix all together thoroughly; either beat with an egg-beater until frothy, or pour in a long stream from one vessel to another.

### Weak Tea, Coffee, Cocoa, Apple Water, Crust Coffee, Cocoa Cordial.

These may all be sweetened with soluble saccharin water solution, allowing one or two teaspoonfuls to each half-pint, either with or without one or two teaspoonfuls of glycerin.

### Cambric Tea.

Three-fourths cup of boiling water.

One-fourth cup of milk or cream.

One or two teaspoonfuls of soluble saccharin water solution.

Pour the water into the milk or cream, add the sweetener, and serve immediately.

### Lemonade.

Four teaspoonfuls of lemon-juice.

One-half cup of water.

One teaspoonful of glycerin.

One teaspoonful of soluble saccharin water solution.

Preferably select ripe, dark-skinned lemons. Strain the juice into a glass, add the glycerin, and mix well; then slowly pour in the water (to which you have added the soluble saccharin), stirring all the while.

### **Modified Milk (containing a Minimum Amount of Lactose—Milk-Sugar).<sup>3</sup>**

This so-called diabetic milk may be substituted for plain milk in all recipes in this book, except when making junkets, then gelatin must be used for making a jelly.

One-fifth pint of cream (gravity or "hand-skimmed" best).

Four-fifths pint of water.

White of egg.

One teaspoonful of soluble saccharin water solution.

### **Gruels.**

If desired sweetened, add one or two teaspoonfuls of soluble saccharin water solution, either with or without one or two teaspoonfuls of glycerin, to each half-pint of gruel.

### **Mushes and Breakfast-Foods.**

If desired sweetened, eat with sweetened milk or cream, allowing one or two teaspoonfuls of soluble saccharin water solution, either with or without one or two teaspoonfuls of glycerin to each half-pint of milk or cream.

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<sup>3</sup>"Dietotherapy and Food in Health," Nathan S. Davis, Jr., A.M., M.D., p. 339.

**CUSTARDS.****Soft Custard.**

One-half cup of milk.

Yolk of one egg.

One or two teaspoonfuls of soluble saccharin water solution, or one teaspoonful of glycerin and one teaspoonful of soluble saccharin water solution.

Beat the yolk of egg until light. Heat the milk until it begins to steam, pour slowly into the egg, beating all the while. Cook over hot water or in a double boiler, stirring continuously until it is the consistency of rich cream, then pour from one vessel to another several times. Add the sweetener. Serve cold. If a stimulant is ordered, add one-half teaspoonful of sherry.

A grating of nutmeg may also be added.

**Cup Custard.**

One egg.

One cup of milk.

Two teaspoonfuls of soluble saccharin water solution, or one teaspoonful of glycerin and one teaspoonful of soluble saccharin water solution.

Grating of nutmeg.

Beat the egg until light, add the milk and nutmeg, then the sweetener. Mix well, and pour into one or two custard cups. Stand them in a pan partly filled with hot water. Bake in a moderate oven until firm—about twenty minutes.

Serve cold in the cups in which they were cooked.

Test by running a knife down the centre of one of them. If it comes out clear, they are sufficiently cooked. If overdone, they will be watery and have a curdled appearance.

**DESSERTS.****Plain Junket.**

One cup of milk.

One teaspoonful of essence of pepsin.

Heat the milk to a temperature of about 115° F. Stir in the essence of pepsin. Stand in a warm (not hot) place until it is has formed a jelly. Then stand in a cold place until used. Serve with sweetened cream (allowing one or two teaspoonfuls of soluble saccharin water solution or one teaspoonful of glycerin and one teaspoonful of soluble saccharin water solution to each one-half pint of cream).

**Plain Junket II. (with White of Egg).**

Follow directions in preceding recipe, but before adding the essence of pepsin, slowly pour the heated milk into the white of an egg, beating all the while.

**Junket Dessert.**

One cup of milk.

One teaspoonful of essence of pepsin.

One teaspoonful of soluble saccharin water solution, with or without one teaspoonful of glycerin.

A few drops of flavoring ( if desired).

Follow the preceding recipe for Plain Junket (either with or without the white of egg), adding the sweetener and flavoring (if used) to the milk just before stirring in the pepsin. Serve cold with cream or a soft custard sauce.



### Eggnog Junket or Jelly.

One egg.

One cup of milk.

Two teaspoonfuls of soluble saccharin water solution, or one teaspoonful of glycerin and one teaspoonful of soluble saccharin water solution.

One teaspoonful of essence of pepsin.

One teaspoonful of brandy or whiskey.

Follow directions for making a Custard Junket, add the wine or brandy just before pouring the custard into the serving dish (*i.e.*, before a jelly has formed). (See page 227.)

### Junket with Cream.

One-fourth cup of cream.

Three-fourths cup of milk.

One or two teaspoonfuls of soluble saccharin water solution, or one teaspoonful of glycerin and one teaspoonful of soluble saccharin water solution.

One teaspoonful of essence of pepsin.

Heat the milk to a temperature of about 115° F. Stir in the sweetener and essence of pepsin. Stand in a warm (not hot) place until a jelly has formed. Then stand in a cold place until used. Serve cold, either with or without cream.

### Custard Junket.

One cup of milk.

Two teaspoonfuls of soluble saccharin water solution, or one teaspoonful of glycerin and one teaspoonful of soluble saccharin water solution.

One egg.

One teaspoonful of essence of pepsin.

Beat the egg until light, add the milk, and stir over hot water a few minutes until it thickens slightly (if it boils it cannot be used for junket), then cool to about 115° F., or to blood heat. Add the sweetener and stir in the essence of pepsin. Pour into a serving dish or cups. Stand in a warm place until a jelly is formed, then cool. Serve with plain or whipped cream (sweetened or not as desired). (See page 305.)

### **Cocoa Junket or Jelly** (see page 228).

One teaspoonful of cocoa.

Two teaspoonfuls of soluble saccharin water solution, or one teaspoonful of glycerin and one teaspoonful of soluble saccharin water solution.

Two tablespoonfuls of boiling water.

One teaspoonful of essence of pepsin.

Three-fourths cup of milk.

Add the boiling water to the cocoa and stir until smooth, bring to boiling, remove from the fire, add the milk and sweetener, and stir in the essence of pepsin. Pour at once into a serving dish. Stand in a warm (not hot) place until congealed. Serve cold with plain or whipped cream, either sweetened or not as desired.

### **Gelatin Desserts, sweetened with Soluble Saccharin.**

Pulverized gelatin is a convenient form for use in these recipes. Small quantities are easily measured. A two-ounce box contains eight level teaspoonfuls.

Diabetic milk may be used in any of the following recipes.

### Milk-Jelly.

One cup of milk.

One level teaspoonful of pulverized gelatin.

Two teaspoonfuls of soluble saccharin water solution, or one teaspoonful of glycerin and one teaspoonful of soluble saccharin water solution.

Cover the gelatin with two tablespoonfuls of cold water and let it soak about five minutes. Heat the milk, then add it to the softened gelatin and stir until dissolved (no longer). Strain, add the sweetener, and stand near the ice until it has formed a jelly. Serve with plain or whipped cream (sweetened or not, as desired, with soluble saccharin).

### Eggnog-Jelly.

One egg.

One cup of milk.

Two teaspoonfuls of soluble saccharin water solution, or one teaspoonful of glycerin and one teaspoonful of soluble saccharin water solution.

One level teaspoonful of pulverized gelatin.

One teaspoonful of brandy or whiskey.

Follow directions for making a milk jelly in the preceding recipe. Add the well-beaten egg and the wine or brandy before placing it on the ice to form a jelly.

### Cocoa-Jelly.

One teaspoonful of cocoa.

Two teaspoonfuls of soluble saccharin water solution, or one teaspoonful of glycerin and one teaspoonful of soluble saccharin water solution.

Two teaspoonfuls of boiling water.  
One level teaspoonful of pulverized gelatin.  
Three-fourths cup of milk.

Cover the gelatin with two tablespoonfuls of cold water and let it soak about five minutes. Add the boiling water to the cocoa and stir until smooth. Add the milk hot and bring to boiling. Add the sweetener and pour into softened gelatin, stir until dissolved (only), and strain into a serving dish. Place near ice until a jelly has formed. Serve cold with plain or sweet cream.

### Wine-Jelly.

One-half cup of cold water.  
Grated yellow rind of one-fourth of a lemon.  
One-fourth cup of sherry wine or one tablespoonful of rum.  
One or two teaspoonfuls of glycerin and one or two teaspoonfuls of soluble saccharin water solution.  
One level teaspoonful of pulverized gelatin.

Cover the gelatin with two tablespoonfuls cold water and let it soak about five minutes. Add the yellow rind of the lemon to the one-half cup of cold water and bring it to boiling, pour into the softened gelatin, and stir until dissolved (no longer). Add the sweetener and then the wine. Pour through a fine strainer into a mould or serving dish. Stand near the ice until it has formed a jelly. Serve plain or with sweetened cream. (Allow one teaspoonful soluble saccharin water solution to each one-half pint of cream.)

### Snow Pudding.

Follow direction for making wine-jelly. Before a jelly is formed, pour the mixture into a deep bowl, which is then stood in ice-water. When thoroughly cold and just beginning to jelly add the white of one egg and beat with an egg beater until perfectly white. Turn into a mould or serving dish and stand near the ice for several hours. Serve with sweetened cream (page 305) or soft custard sauce (page 294).

### Prune-Jelly.

One-half cup of stewed prunes.

Three-fourths cup of prune-juice.

One level teaspoonful of pulverized gelatin.

One or two teaspoonfuls of soluble saccharin water solution, or one teaspoonful of glycerin and one teaspoonful of soluble saccharin water solution.

Cover the gelatin with two tablespoonfuls cold water and let it soak five minutes. Press the prunes through a sieve, add the juice and sweetener. Stir the softened gelatin (in a cup standing in boiling water) until dissolved (no longer). Strain into the prune mixture, stirring all the while. Pour into a mould and stand near the ice. Serve with plain or whipped cream.

### Charlotte Russe.

One cup of cream.

Two teaspoonfuls of soluble saccharin solution and two teaspoonfuls of glycerin.

One level teaspoonful of pulverized gelatin.

Cover the gelatin with two tablespoonfuls cold water and let it stand about five minutes. Add the sweetener to the cream. Whip the cream (see page 269), place on ice, and stir in the gelatin, which has been dissolved over hot water. Stir immediately and continually until it begins to thicken. Pour into a cup or mould lined with strips of almond cake or lady fingers. Keep in a cold place for an hour, and it is ready to be served.

The top may be sprinkled with almonds if desired (see page 315):

### Spanish Cream.

One cup of milk.

One egg.

Two teaspoonfuls of soluble saccharin water solution and two teaspoonfuls of glycerin.

One-half teaspoonful of brandy.

One level teaspoonful of pulverized gelatin.

Cover the gelatin with two tablespoonfuls of cold water and let it soak about five minutes. Separate the egg, beat the yolk until light, add the milk, then stir over hot water until it becomes of a creamy consistency. Add it to the softened gelatin, and stir until dissolved (no longer). Add the sweetener, the flavoring, and stir in the white of egg (which has been beaten to a stiff froth). Turn into a mould and stand near the ice for an hour or more. Serve with plain or whipped cream. If desired sweetened, see page 305.

### Orange-Jelly.

One cup of sweet orange-juice.

One or two teaspoonfuls of soluble saccharin water



solution, or one or two teaspoonfuls of glycerin and one or two teaspoonfuls of soluble saccharin water solution.

One level teaspoonful of pulverized gelatin.

Cover the gelatin with two tablespoonfuls of orange-juice and allow it to soak five minutes. Then stir over boiling water until dissolved (no longer). Add the remainder of the orange-juice and the sweetener. Strain into a mould and stand on the ice for an hour or more. A teaspoonful of claret or sherry wine may be added to the orange-juice if desired.

### Orange-Jelly (with White of Egg).

One cup of sweet orange-juice.

One or two teaspoonfuls of soluble saccharin water solution, or one or two teaspoonfuls of glycerin and one or two teaspoonfuls of soluble saccharin water solution.

One level teaspoonful of pulverized gelatin.

Whites of one, two, or three eggs.

Cover the gelatin with two tablespoonfuls of orange-juice and allow it to soak five minutes. Secure fresh eggs, separate the whites from the yolks, and place them in a bowl. Heat about three tablespoonfuls of the orange-juice until lukewarm (not hot). Pour it slowly into the whites of egg, beating all the while with a fork; now add the remainder of the orange-juice and strain through a coarse sieve. Add the sweetener. Stir the softened gelatin over boiling water until dissolved (no longer), add it to the orange-juice, and then stand near the ice for an hour or more.

**Orange and Grape-Fruit Jelly.**

One-fourth cup of grape-fruit juice.

Three-fourths cup of orange-juice.

Two teaspoonfuls of soluble saccharin water solution and two teaspoonfuls of glycerin.

One level teaspoonful of pulverized gelatin.

One teaspoonful of claret if desired.

Follow directions for making orange-jelly.

This may also have the whites of eggs added if desired albuminized.

**Irish Moss Blanc Mange.**

One-eighth cup of Irish moss.

One cup of milk.

Two teaspoonfuls of soluble saccharin water solution and two teaspoonfuls of glycerin.

Soak the moss in lukewarm water for ten minutes, then wash each piece separately and thoroughly in cold water. Drain and cover it with the milk. Let it soak a half-hour, then stir and slowly heat until the milk is steaming hot, then simmer ten minutes. Strain through a fine sieve, pressing through as much of the moss as possible. Stir in the sweetener, pour into moulds or a serving dish, and place near the ice. Serve with cream or soft custard sauce.

**Irish Moss Blanc Mange (with Egg).**

Follow preceding recipe, and when ready to pour into the moulds stir in the well-beaten white of one or two eggs.

### Plain Ice-Cream or Frozen Whipped Cream.

Allow two teaspoonfuls of soluble saccharin water solution and two teaspoonfuls of glycerin to each half-pint of cream before it is whipped, then follow directions for freezing, either with or without a freezer (see page 268). If the cream is whipped before it is frozen, a very thick or heavy cream should be selected.

### Ice-Cream (Flavored).

One cup of cream.

Two teaspoonfuls of soluble saccharin water solution and two teaspoonfuls of glycerin.

A few drops of any desired flavoring, vanilla, rum, etc.

Mix thoroughly, then freeze as directed (page 269).

### Almond Ice-Cream.

One cup of cream.

Two teaspoonfuls of soluble saccharin water solution and two teaspoonfuls of glycerin.

One or two teaspoonfuls of toasted almond bread or cake crumbs.

Mix and freeze immediately.

### Frozen Custard.

One cup of milk.

One egg.

Two teaspoonfuls of soluble saccharin water solution and two teaspoonfuls of glycerin.

One teaspoonful of sherry or a few drops of vanilla.

Scald the milk. Beat the yolks until light and slowly add the hot milk, beating all the while. Cook over hot water or in a double boiler, stirring until it is of the consistency of rich cream. Beat the white to a stiff froth. Add the custard, beating all the while. Stand in a cool place, and when cold, stir in the sweetener then the flavoring. Freeze as directed (page 271).

### Orange-Ice.

One cup of orange-juice.

White of one egg.

Two teaspoonfuls of soluble saccharin water solution and two teaspoonfuls of glycerin.

Yellow rind of one-fourth of an orange.

Add the grated yellow rind to the juice, bring to boiling. Pour into the well-beaten white of egg, stirring all the while. Cool, add the sweetener, and freeze as directed (page 272).



## SWEET SAUCES.

### Cream Sauce.

One-half pint of cream.

One or two teaspoonfuls of soluble saccharin water solution, or one teaspoonful of soluble saccharin water solution and one teaspoonful of glycerin.

Either mix and serve plain, or add a few drops of brandy, rum, gin, or orange extract.

### Almond Sauce.

Follow preceding recipe. Just before serving add one-half tablespoonful of finely chopped almonds or almond flour.

### Soft Custard Sauce.

See directions for making a soft custard (page 294).

By way of variety, a few drops of flavoring may be added, as rum, brandy, orange, vanilla, or one-half tablespoonful of finely chopped almonds or almond flour.

### Baked Apples.

Pour one-half pint of boiling water into a small baking dish. Add two teaspoonfuls of glycerin and two teaspoonfuls of soluble saccharin water solution; mix, then add the desired quantity of apples, which have been pared, cored, and sliced. Cover the dish and bake in hot oven until tender. Serve hot or cold.

### Apple Sauce.

One cup of cooked apples.

One teaspoonful of soluble saccharin water solution.

One teaspoonful of glycerin.

Select a good cooking apple. Wash the apples, cut into eighths, and remove any imperfections (do not pare them); then throw them into cold water until all are prepared, or they will turn dark. Drain and put them into a saucepan, just cover the bottom of the pan with cold water, cover, and cook quickly until tender (five or ten minutes). Rub through a colander. Then add the sweeteners and mix thoroughly.

**Stewed Apples.**

Select about four tart apples. Wash, cut them into quarters, pare, and core. Then throw them into cold water. Make a syrup by adding two teaspoonfuls of glycerin and two teaspoonfuls of soluble saccharin water solution to a cup of boiling water. When well mixed add the apples. Simmer very gently until tender, or they will not remain whole. Dish carefully and serve cold.



**RECIPES CONTAINING A SMALL AMOUNT OF EASILY DIGESTED STARCH, IN WHICH SOLUBLE SACCHARIN AND GLYCERIN MAY BE USED AS SWEETENERS.**

IN this class of recipes it is important to add the soluble saccharin water solution and glycerin to the liquid (milk or water) before it is thickened with starch (*i.e.*, rice flour, cornstarch, arrowroot, etc.). As stated before, the soluble saccharin must be used in a very dilute form, so no matter what amount of eggs, fruit, or starch is added to the milk or water, you cannot add more than the two teaspoonfuls of the soluble saccharin water solution to each half-pint, as they are not diluents.

Any of these recipes that are found to be less sweet than those in which cane-sugar is used should be eaten with cream, or a sauce sweetened with soluble saccharin, either with or without glycerin.

**Arrowroot Pudding.**

One cup of milk.

One egg.

One teaspoonful of soluble saccharin water solution.

One teaspoonful of glycerin.

One tablespoonful of arrowroot.

Add the sweeteners to the milk and mix thoroughly. Bring the milk to boiling, moisten the arrowroot with a little cold water or milk, pour into the hot milk, stirring all the while, cook over hot water or in a double boiler for five minutes. Remove from the fire,

add the yolk of egg (lightly beaten), then stir in the well-beaten white of egg; mix thoroughly. Pour into a mould or serving dish.

Serve cold with cream or soft custard sauce.

### Arrowroot Pudding (Baked).

Follow preceding recipe, but bake in a moderate oven from five to ten minutes.

### Floating Island.

One cup of milk.

One egg.

One level teaspoonful of cornstarch.

One teaspoonful of soluble saccharin water solution.

One teaspoonful of glycerin.

Grating of nutmeg, or few drops of flavoring.

Add the sweeteners to the milk and mix thoroughly. Bring the milk to boiling and add the cornstarch, which has been moistened with a little cold water, pour into the hot milk, stirring all the while. Cook over hot water, or in a double boiler, about five minutes. Remove from the fire and quickly add the yolk of egg (lightly beaten). Add the flavoring. Pour into a serving dish, and when cold float a meringue on top.

To make meringue without sugar, simply beat the white of egg until stiff. Have some water boiling in a saucepan, drop the egg, by spoonfuls, on the boiling water. Remove from the fire, cover the pan closely, and let steam five minutes. Remove them, carefully drained, to a cool plate. The top may be dusted with chopped almonds.

**Cornstarch Custard with Meringue.**

One cup of milk.

One egg.

Two level teaspoonfuls of cornstarch.

One teaspoonful of soluble saccharin water solution.

One teaspoonful of glycerin.

A few drops of any desired flavoring.

Follow directions for making in preceding recipe. More cornstarch is used in this recipe, giving a custard pudding instead of a custard sauce.

**Bread Pudding.**

Follow recipe on page 235, but omit the sugar, and add one teaspoonful of soluble saccharin solution and one teaspoonful of glycerin to the milk before adding the bread.

**Rice Pudding.****Rice Custards.****Rice Charlotte.****Farina Custard.****Blanc Mange.**

To make the above without sugar, follow recipes already given, but omit the sugar, and add one teaspoonful of soluble saccharin water solution and one teaspoonful of glycerin to the milk before mixing.

### Chocolate or Cocoa Pudding.

One cup of boiling water.

Two teaspoonfuls of soluble saccharin water solution.

Two teaspoonfuls of glycerin.

White of one egg.

Three level tablespoonfuls of cornstarch.

Add the glycerin and soluble saccharin water solution to the cup of water. Put the cocoa or chocolate in a saucepan; add the boiling water slowly. Then continue to stir over the fire until it boils; add the cornstarch (which has been moistened in a little cold water), and cook about five minutes. Remove from the fire, and pour slowly into the well-beaten white of egg, beating all the while.

Serve cold with plain or whipped cream, sweetened with glycerin and soluble saccharin water solution.

### Levulose (Fruit-Sugar).

In certain ailments, levulose has proved preferable to cane-sugar, and in some cases can be used when cane-sugar is forbidden.

Levulose resembles cane-sugar in that it is a carbohydrate and a food. In this it differs from soluble saccharin as a substitute for cane-sugar. Bulk for bulk, it has a trifle lower sweetening power than cane-sugar.

It is not only more economical, but many times better results are obtained when it is used with soluble saccharine solution, as follows:

Allow one or two teaspoonfuls of soluble saccharin solution to each one-half pint of liquid, and then add

enough levulose to give the desired taste; thus you will save about one-half the amount of levulose otherwise required, and at the same time lessen the amount of carbohydrates.

It may be used for cane-sugar in any of the recipes.

It is expensive, costing about one dollar and sixty cents to two dollars per pound.

### **Cranberry-Jelly (with Levulose).**

One pint of cranberries.

One-half cup of water.

Two teaspoonfuls of soluble saccharin solution.

Levulose or sugar to taste (about one-half the amount if used alone).

Wash the cranberries, place them in a small saucepan, add the water, cover, and bring to boiling; continue to boil a few minutes. Press through a colander or sieve. Stir in the saccharin and then the levulose or sugar, about one-half cup.

### **Lemonade (with Levulose).**

Two tablespoonfuls of lemon-juice.

Two teaspoonfuls of soluble saccharin water solution.

One teaspoonful of sugar or levulose.

One-half pint of water.

Mix the lemon-juice and levulose or sugar, then stir in the water, to which the soluble saccharin has been added, and serve.

If desired stronger, add more lemon-juice and levulose or sugar, but no more soluble saccharin solution.

### Almonds.

There are several varieties of almonds, but the Jordan is the best, having the finest flavor; the Valencia is also good. They are usually purchased shelled.

*To prepare.*—After the shells are removed, cover the almonds with boiling water; let stand about five minutes, when the skins may easily be rubbed off.

### Almond Meal and Flour.

Prepare the desired quantity of almonds as above directed, then dry them (without browning) in a very slow oven. When dry, grate gently (to prevent the almonds from breaking) on a very fine grater. This makes a fine meal, and is usually fine enough for bread, cakes, etc., but if desired finer, rub this meal through a fine sieve (*purée* sieve), and thus have a fine flour. This is rather tedious, of course.

### Almond Butter.

With a silver or wooden spoon or limber knife rub almond meal or flour to a paste, or use a rolling pin and pastry board.

### Salted or Roasted Almonds.

Remove the shells and skins from the desired quantity of almonds, place them in a baking pan, dust lightly with salt, shake occasionally in a moderate oven until crisp and a light brown. The salt may be omitted if not desired.

### Almond Milk.

Twelve almonds.

One cup of boiling water.

One teaspoonful of sherry.



Two teaspoonfuls of soluble saccharin water solution.

Remove the shells and skins from the almonds, then grate them or roll fine on a pastry board. Cover the almonds with the boiling water, cover, and let stand several hours. Strain and add a stimulant if desired.

### **Almond Bread.**

One egg.

One-quarter cup (two level tablespoonfuls) of almond meal or flour.

A pinch of salt.

Separate the egg, beat the yolk until light, add the almonds and salt, mix well, then stir in the well-beaten white of egg. Pour into a small greased baking dish and bake in a moderate oven ten to fifteen minutes. Handle gently, or it will fall. Allow it to cool a few minutes before removing from the pan.

### **Almond Toast.**

Cut cold almond bread into thin slices and quickly brown each side. Serve with butter.

### **Almond Dessert.**

Serve slices of almond bread with a soft custard sauce or cream sweetened with soluble saccharin (see pages 294, 305).

By way of variety the bread may be toasted.

NOTE.—Percentages of the important constituents of almonds: Proteid, 24.2; fat, 53.7; carbohydrate, 7.2.

The carbohydrate consists of sugar, but no starch. When desired to remove this sugar, place almond meal or flour in a linen bag and steep for fifteen minutes in boiling water, to which vinegar has been added in proportion of one tablespoonful to each pint of water. Drain and pour cold water over the almonds for several minutes. Drain, and they are ready to be used in any of the above recipes. (Seegen.)

### Almond Custard.

One egg.

One cup of milk.

Four level tablespoonfuls of almond meal or flour.

One teaspoonful of soluble saccharin water solution, and one teaspoonful of glycerin.

Beat the egg until light, add the milk (to which the sweetener has been added), then pour the egg and milk into the almond meal, stirring all the while. Bake or steam as directed under cup custard.

### Almonds (served Plain or as a Garnish for Many Desserts).

*To prepare.*—After the shells are removed, cover the almonds with boiling water; let stand about five minutes, when the skins may be easily rubbed off. Then cover with cold drinking water and allow them to soak several hours. Drain, and they are ready to be served; or they may be sliced or cut into small pieces and then sprinkled over dessert.

**Almonds Sugared.**

Prepare some almonds as above directed. After they have stood in the drinking water several hours, drain, place on a pastry board, cover lightly with sugar or levulose, and then roll quite fine with a rolling pin. Place in a baking dish and toast in the oven until a golden brown. This is a delicious garnish.

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