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**TESTED RECIPES**  
*for the*  
**MODERN HOSTESS**



*By*

**DAISY WILSON BARNET**



TESTED RECIPES  
*for the*  
MODERN HOSTESS

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A Compilation of Choice Recipes Selected  
from Various Sources

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By  
Daisy Wilson Barnet

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PRICE 50 CENTS

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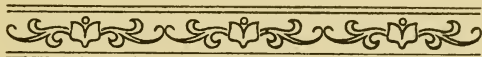
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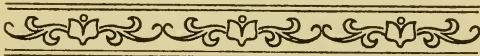


To Mrs. Lynden Evans, President of the  
Chicago School of Domestic Arts and  
Science,

and

The Pupils, past and present, whose in-  
terest in Domestic Science will prolong life,  
and make it happier, this book is cordially  
dedicated.

DAISY WILSON BARNET





Scientific cookery demands a uniform standard of measurements, consequently all measurements in the following recipes are taken **LEVEL**. Kindly bear this in mind and avoid mistakes.

## **CANAPÉS.**

### **Canapé of Caviare, Egg and Cucumber.**

Butter rounds of Boston brown bread; press upon them rings of hard boiled egg whites. Fill the ring with a mixture of 1 teaspoon minced onion, 1 tablespoon caviare, 1 tablespoon soft butter and 2 teaspoonfuls of lemon juice. On top place a slice of cucumber dipped in French dressing.

### **Caviare Canapé.**

Toast slices of bread and cut them into strips 4 inches long and 2 inches wide. Spread with the following mixture: 1 tablespoon caviare, 1 tablespoon soft butter, cayenne, 1 teaspoon grated onion, juice of  $\frac{1}{2}$  lemon. Serve with a radish on each plate.

### **Canapé, Indian Style.**

$\frac{1}{4}$ cup cooked ham.	$\frac{1}{4}$ cup butter.
$\frac{1}{4}$ cup cooked chicken.	$\frac{1}{2}$ teaspoon curry.
1 tablespoon apple chutney.	Salt and pepper.

Pound ingredients in a mortar, pass through a sieve, and spread on rounds of bread, fried and cooled. Top off with an olive.

### Tomato Canapé.

- |                   |                             |
|-------------------|-----------------------------|
| 2 large tomatoes. | 1 tablespoon butter.        |
| 1 cup mayonnaise. | 1 tablespoon anchovy paste. |

Spread rounds of fried bread (when cold) with the anchovy paste and butter rubbed together. Lay a slice of tomato on each and top with mayonnaise.

### Lobster Canapé.

- |                                   |                                |
|-----------------------------------|--------------------------------|
| 1 live lobster.                   | 4 tablespoons flour.           |
| 1 teaspoon salt.                  | 6 slices bread, fried.         |
| A little cayenne.                 | 8 tablespoons grated cheese.   |
| 4 tablespoons butter.             | $\frac{1}{2}$ cup white broth. |
| 2 tablespoons fine chopped onion. | (Parmesan cheese is best.)     |

Plunge lobster into boiling water and cook one-half hour. Put 2 tablespoons of butter in frying-pan, add the chopped onion, cook 5 minutes without browning; add 2 tablespoons of flour, stir, and cook 2 minutes; add one-half cup white broth; add 1 pint of lobster meat, and cook 8 minutes. Spread the mixture on the crustless rounds of fried bread.

Now melt 2 level tablespoons of butter, add the same of flour, cook and stir. Remove from fire, add the cheese. Mix and form into little balls. Place one in center of each canapé, pressing a little. Put the canapés in the oven and bake a delicate brown, about 10 minutes. Serve at once.

### Canapé of Olives and Pimientos.

- |                       |          |
|-----------------------|----------|
| 1 tablespoon caviare. | Cayenne. |
| (or anchovy paste).   | Pimolas. |



1 tablespoon soft butter.      ½ can pimientos.  
Juice of ½ lemon.                      (Mexican red peppers).

Fry rounds of bread and allow to cool. Spread lightly with the caviare and butter rubbed together, and seasoned with the cayenne and lemon juice. Place a nut in the center of each and sliced pimolas around the edge, arranging strips of pimientos like the spokes of a wheel, from the nut to the pimolas.

### Cucumber Relish.

Select fresh cucumbers. Cut them across the middle, and shave a slice off each round end, that they may stand upright. Scoop out the inside, not too close to the rind, and chop it with one-half its bulk of onion. Moisten with French dressing, fill the cucumber cups, and lay a few nasturtiums beside the tall green cups.

### Oyster Cocktail.

Juice of 2 lemons.	1 cup strained oyster liquor.
½ teaspoon onion juice.	4 tablespoons tomato catsup.
½ grated cucumber.	1 tablespoon green pepper
1 tablespoon Worcestershire	vinegar.
sauce.	Salt to taste.

Drain the oysters free from shell and their own liquor, reserving 1 cupful. Mix all ingredients (except the grated cucumber and onion juice) and pour over the chilled oysters one-half hour before serving. At time of serving, put 5 small oysters in each glass cup, add 1 tablespoon of the sauce, and garnish with 1 tablespoon of grated cucumber seasoned with the onion juice, salt and pepper. (Avoid horseradish, as it destroys the delicate oyster flavor.)

## Oyster Cocktail No. 2.

- 4 tablespoonfuls tomato catsup. 1 tablespoon Darwin's salad  
1 cupful strained oyster                    vinegar.  
    liquor.                                 Salt to taste.  
1 tablespoon green pepper  
    vinegar.

Mix the cocktail, and pour over the oysters at time of serving.

## New York Oyster Cocktail.

- 1 tablespoon finely chopped                 $\frac{1}{8}$  teaspoon white pepper.  
    shollot.                                      2 teaspoons fresh lime  
1 teaspoonful chopped                      juice.  
    olives.                                      5 tablespoonfuls tarragon  
 $\frac{1}{4}$  teaspoon salt.                                vinegar.  
Mix and serve.

All measurements are *level*.

## SOUPS.

Cream soups are dainty, delicious, and nourishing. The same rule will serve alike for celery, asparagus, peas, spinach, potato, cabbage, turnips and parsnips. The vegetables may be freshly prepared, or remnants may be utilized by adding 1 pint of strained vegetable pulp to 1 quart of rich "white sauce." The yolks of 2 eggs add greater richness and color, and if they are used omit  $\frac{1}{2}$  the flour.

## Corn Soup.

- |   |                                  |
|---|----------------------------------|
| 1 can of corn ("B. & M.")               | 2 tablespoonfuls flour.          |
| 1 pt. boiling water.                    | 2 tablespoonfuls butter.         |
| 1 qt. of milk.                          | 1 teaspoonful salt.              |
| 1 slice of onion.                       | $\frac{1}{2}$ teaspoonful sugar. |
| $\frac{1}{4}$ teaspoonful white pepper. | Yolks of 2 eggs.                 |

Chop the corn fine, add boiling water and simmer 20 minutes. Rub through a sieve. Scald the milk with the onion. Remove the onion and add milk to the corn. Bind with the flour and butter, creamed together, and a little milk added to dilute it, lastly the seasoning. Beat the 2 yolks, and add them after the soup is removed from the fire.

## Green Pea Soup.

- |   |                                  |
|---|----------------------------------|
| $\frac{1}{2}$ pk. peas.                 | $\frac{1}{2}$ teaspoonful salt.  |
| 1 doz. spinach leaves.                  | $\frac{1}{2}$ teaspoonful sugar. |
| 1 head lettuce.                         | $\frac{1}{2}$ a cucumber.        |
| $\frac{1}{4}$ teaspoonful white pepper. | A slight grating of nutmeg.      |
| 2 tablespoonfuls flour.                 | 2 tablespoonfuls butter.         |
| 1 pt. of milk.                          |                                  |

Shell the peas, cover with cold water, and set aside. Break up the pods and put them, with the spinach leaves, into a kettle with 1 quart of boiling water and 1 pint of stock, and allow them to simmer  $\frac{1}{2}$  hour. Add 1 head of sliced leaf lettuce, salt and sugar, and boil until spinach and lettuce are pulpy. Rub through a sieve. Boil the peas and cucumber in a little salt water, mash and press through a sieve. Mix the two pulps, add seasonings, the milk and the thickening.

## Green Pea Soup No. 2.

A mock green pea soup may be made of White Sauce and mashed potato, colored with Price's Coloring Liquid.

## Salsify Soup.

- |                          |                              |
|--------------------------|------------------------------|
| 1 bunch oyster plant.    | 6 whole allspice.            |
| 1 pt. milk.              | $\frac{1}{4}$ blade of mace. |
| 2 tablespoonfuls flour.  | $\frac{1}{2}$ a bay leaf.    |
| 2 tablespoonfuls butter. |                              |

Scrape and slice the salsify and drop immediately into cold water, to which add  $\frac{1}{4}$  cup vinegar, to prevent discoloration. When all is ready place in boiling water, slightly salted, and boil until tender, then add 1 pint of milk (without draining off the water). Rub the flour and butter together, add a little of the liquid to dilute it, then pour it into the kettle. Add seasonings and stir until it thickens and let stand on back of stove 10 minutes. Remove the bay leaf and serve.

## Fruit Soups.

Fruit soups are made from fruit juices and water, slightly thickened with arrowroot, and sweetened or not, as one pleases.

## Orange Soup.

- |                      |                             |
|----------------------|-----------------------------|
| 1 pint orange juice. | 4 tablespoonfuls arrowroot. |
| 1 pint water.        | 4 tablespoonfuls sugar.     |

Bring the orange juice and water just to the boiling point.

Add the arrowroot, moistened with a little cold water. Cook for a moment and strain. Add the sugar and stand aside to cool. Put cracked ice in pretty glasses and pour over it the orange soup. Currant, pineapple, raspberry and cherry soups are all served the same way, as a first course at a luncheon.

### Black Bean Soup.

1 pt. black beans.	3 slices each of turnips and
3 qts. boiling water.	carrot.
¼ blade of mace.	1 pt. stock.
Celery, or celery seed.	6 whole cloves.
2 tablespoonfuls butter.	6 whole allspice.
2 tablespoonfuls flour.	Pepper and salt.
1 small onion.	

Soak the beans over night. Pour off the water in the morning, add 3 qts. boiling water, and boil gently 6 to 8 hours. When done there should be 1 qt. water. Add 1 pt. stock and seasoning. Fry the onion, carrot and turnip (cut fine) in butter. Take up when golden brown, add to soup, and in the same frying pan add flour and brown it in the butter. Add to soup and simmer 1 hour. Rub through a sieve. (It should be like *thick* cream.) Add pepper, salt, thin slices of lemon, and hard boiled egg. A glass of sherry is an improvement.

### Julienne Soup.

½ cup each of carrots, tur-	1 pt. soup stock.
nips, onions, beets	Salt and pepper.
and celery.	2 tablespoonfuls butter.
6 string beans.	1 cup peas.

Cut the string beans into tiny rings, crosswise, and the

other vegetables into even dice. Fry the onion and carrot in the butter, add them to the other vegetables, cover with boiling water and cook until tender. Add soup stock (not draining off the water the vegetables were cooked in), peas and seasoning. Cook 10 minutes and serve.

### Lentil Soup.

1 ½ cups lentils.	½ an onion.
¼ teaspoon celery seed.	4 whole cloves.
2 tablespoonfuls butter.	¼ bay leaf.
1 tablespoonful flour.	Pepper and salt.

Soak the lentils over night. Drain the next morning, cover with cold water and bring just to a boil. Drain off the water and throw away. To the lentils add 1 ½ qts. fresh water, and simmer 3 hours, then add the onion and seasoning, and cook 1 hour more. Rub through colander, mashing well, then through a sieve. Return it to the fire, add the flour and butter, creamed together, and diluted with a little of the soup. This has meat value, and is delicious.

### Okra Soup.

Fry 6 slices of onion and 8 or 10 okra pods (cut in two lengthwise) a golden brown. Put in a kettle and pour over 1 qt. boiling water, slightly salted. Simmer until tender, add 1 pt. of milk and 2 tablespoonfuls boiled rice.

### **Palestine Soup.**

- |                              |                                 |
|------------------------------|---------------------------------|
| 1 lb. Jerusalem artichokes.  | 1 qt. water.                    |
| 2 onions.                    | 1 sprig of parsley.             |
| 2 tablespoonfuls of butter.  | A little celery, salt and white |
| 1 tablespoonful of flour.    | pepper.                         |
| 1 pt. boiling milk or cream. | Yolks of 2 eggs.                |

Scrape 1 lb. of Jerusalem artichokes, clean, and cut in slices. Fry the sliced onions in the butter, and when a golden color add the flour and water. Add the artichokes, parsley, and celery. Boil until the vegetables are soft, then strain through a sieve. Return to the fire, add salt, pepper and boiling cream, or milk. Beat the yolks of 2 eggs and place them in the tureen, pouring the scalding soup over them. Serve with croûtons, or crisps.

### **Pistachio Soup.**

- |                                  |                             |
|----------------------------------|-----------------------------|
| 1 pt. milk.                      | 1 pt. spinach leaves.       |
| 1 oz. chopped pistachio<br>nuts. | 2 tablespoonfuls butter.    |
| 1/2 teaspoonful almond paste.    | 2 tablespoonfuls arrowroot. |
|                                  | Salt and white pepper.      |

Put 1 pt. of milk over the fire in a double boiler and add the chopped nuts (made as fine as powder) and the almond paste. Mix well and boil 20 minutes. Pick over 1 pt. of fresh spinach, removing stems and ribs of the leaves, and boil what is left in a very little salted water. When tender, drain and chop fine, then press to a pulp with a potato masher. Add it to the soup, mix, then add the butter. Moisten a tablespoon of arrowroot with a little cold water, add a little of the hot liquid to it, and then stir into the soup and cook until it is as thick as thin cream. Add pepper and salt, and serve.

*Measurements are level.*

## ENTRÉES.

### Chicken, à la Terrapin.

Cut up a cold boiled chicken into small pieces, removing all skin and gristle. Put into a skillet with  $\frac{1}{2}$  pt. of cream. As soon as warm add 2 tablespoons of butter creamed together with 2 tablespoons of flour. Season with cayenne and salt. Add 3 chopped hard boiled eggs, and when it boils stir in a large wine glass of sherry. Simmer 5 minutes, and add another glass of wine and serve.

### Shrimps, à la Creole.

2 tablespoonfuls butter.	2 cups tomato pulp.
1 small onion, chopped.	$\frac{1}{2}$ teaspoon celery salt.
$\frac{1}{4}$ green or red pepper, chopped fine.	1 pt. fresh shrimps.
	2 tablespoonfuls flour.

Fry onion in butter until yellow, add flour and rub smooth, pour in the tomatoes, slowly, then the cleaned shrimps, broken into bits. When the sauce has thickened and the shrimps are heated, serve on toast. Crab meat may be used the same way.

### Chicken, Creole Style.

1 chicken.	1 onion.
1 slice of boiled ham.	1 cup water.
1 green pepper.	1 can of peas.
Salt and pepper.	2 cups tomato sauce.

Wipe the pieces of chicken with a damp cloth and put in a casserole, with the ham, chopped pepper (from which the seeds and white parts have been removed), onion, sliced, and 1 cup



of water. When meat is tender and ready to fall from the bones, take up the chicken and *keep* it *hot*. Strain the gravy, add salt, tomato sauce and peas, and pour over the chicken.

### **Shad Roe, with Peas.**

Boil the roe, in boiling salted water, 10 minutes, adding 1 sliced onion. Drain carefully. Drop the roe into boiling salted water and simmer 20 minutes. Remove and drain. Butter a tin plate and lay the drained roe upon it. Dredge with salt and pepper and spread with soft butter; dredge thickly with flour. Bake  $\frac{1}{2}$  hour, basting often with a thin mixture of flour, water, butter, pepper and salt.

Cook a pint (or 1 can) of young green peas till tender, with 1 teaspoonful of sugar, a little salt, and  $\frac{1}{2}$  teaspoonful of butter. Then add 2 tablespoonfuls of cream and cook 2 minutes longer. Place the roe in center of the hot platter and turn the peas around it.

### **Cannelon of Beef.**

Chop cold beef, as per hash, adding a little onion, 1 egg, beaten light, pepper and salt, and a little gravy. Make *large* rolls of this, like sausages, 6 inches long, roll up in greased wax paper, tucking the ends over several times. Bake 20 minutes and serve with gravy poured over.

### **Oyster Shortcake.**

Make a shortcake and bake on pie plates. Put 1 qt. of oysters over the fire with  $\frac{1}{2}$  cup of milk and  $\frac{1}{4}$  cup of water,

2 teaspoonfuls of butter, salt and pepper. Thicken with 1 tablespoonful of flour, rubbed smooth in the water. When the shortcakes are baked, split and spread with the oysters between and over the top. Make extra White Sauce if needed.

### **Calf's Liver, Marinated.**

2 onions.	Pepper and salt.
4 slices salt pork.	Vinegar, 3 tablespoonfuls.
6 tablespoonfuls olive oil.	1 glass of claret.
1 calf's liver, larded.	

Slice the onions and lay in the bottom of a crock, and on top of them place the slices of pork, then the larded liver, sprinkled with pepper and salt, and pour on 6 tablespoonfuls of olive oil and 3 of vinegar. Set in a cool place for 24 hours, turning it twice during this time. Put in a kettle the entire contents of the crock, cover closely and simmer very, very gently for 2 hours. When about done add 1 glass of claret. Serve hot or cold. Cold is better.

### **Pork Tenderloin and Mushrooms.**

Plunge the whole round tenderloin into *boiling* water, to cover, in a deep skillet, and let it boil hard 2 minutes, then reduce the heat and let it simmer, closely covered, for  $\frac{3}{4}$  of an hour. Then pour off the water and keep it for the gravy. Put 4 tablespoonfuls of butter, or lard, in the skillet and fry the tenderloin, closely covered, until a rich brown. When done remove to a hot platter and keep warm. Add 4 tablespoonfuls of flour to lard in skillet, rubbing it smooth; then pour in gradually enough of the reserved juice to make gravy of the proper

consistency. Add mushrooms, previously prepared, as follows:  
½ lb. mushrooms. Salt and pepper.

1 tablespoonful butter.

Rinse off the mushrooms, peel the tops and stems and break into pieces. Place in a stew pan, sprinkle lightly with pepper and salt, and let them stand 1 hour until their juice is drawn out, then add butter and stew the mushrooms in their juice ½ hour. Add to above gravy and pour over tenderloin.

## **A FRENCH RECIPE.**

### **Chicken en Casserole.**

Take a tender broiling chicken, wash dry, and cut into four pieces. Put into an earthen casserole with a generous piece of butter on each. Put on the cover and stand the dish in a hot oven for an hour. Have ready as many potatoes as will be needed scooped into little balls with vegetable cutter. Fry them a golden brown, in deep fat. Make a mixture of chopped chives, salt, chopped parsley, red and black pepper, and a tablespoon of Kitchen Bouquet. A few minutes before serving remove the chicken from the casserole and turn in the potatoes, the seasoning mixture, and a wine glass of Sauterne Madeira or Sherry. Stir thoroughly, return the chicken, baste it thoroughly with this gravy, and cook it 5 minutes to reheat. Serve it in the casserole.

### **Ragoût of Mutton.**

For 6 persons use 2 lbs. of mutton—the trimmings of a roast, chops, or any of the cheaper parts (as the shoulder).

2 onions.

6 potatoes.

2 tablespoonfuls butter.	$\frac{1}{2}$ tablespoon salt.
2 tablespoonfuls flour.	$\frac{1}{2}$ teaspoon pepper.
6 white turnips.	1 qt. of water.

Free the mutton from fat and skin. Put the butter in a stew pan over a hot fire. When butter is hot add the mutton and cook until it is brown on all sides. Now take the meat from the pan, add the flour, stirring well until it is browned, then add the water, stirring constantly. When this sauce boils add the mutton, salt, pepper and the onions cut in slices. Cover the pan and simmer contents *slowly* for two hours. At the end of this time add the turnips, cut in cubes, stirring the mixture well. Spread the cubes of potatoes on top, cover the stew pan and cook a trifle more rapidly. It will require  $\frac{3}{4}$  of an hour longer to finish the ragout. The French often employ veal or pork instead of mutton. The thing we cannot change is the method of cooking, which is always done slowly.

### **Baked Brains.**

Soak for 1 hour in cold, salted water, changing the water several times. Parboil for 15 minutes. Plunge into ice water to blanch and remove all membrane.

Cut each in two, lay in a baking pan, sprinkle with salt and pepper, dredge lightly with flour, add bits of butter, and a little water in the pan, basting frequently, until a light brown. They are as delicious as sweetbreads.

### **Brain Omelet.**

Pour boiling water over a set of brains that have stood 1 hour in cold salt water. Let them remain in the boiling water

10 minutes, then plunge into ice water to blanch them. Then scrape all the creamy, soft parts from the dark skin, add 4 beaten eggs, cayenne, and salt. Fry in hot butter, fold, and serve, garnished with cress or parsley.

### **Fish or Chicken Timbals.**

$\frac{1}{2}$ cup milk.	$1\frac{1}{2}$ teaspoonfuls lemon juice.
$\frac{1}{2}$ cup bread crumbs.	2 cups of chopped meat, fish,
Whites of 5 eggs.	or 1 can of salmon.
1 teaspoonful of salt.	

White fish, fresh halibut, finnan haddie, or trout may be used.

Soak the crumbs in the milk 10 minutes and cook until like mush. Add salt and pepper, chopped meat (or fish), lemon juice, and lastly, the beaten whites cut and folded in. Put paper in bottom of tin, and butter it, and the sides of the tin. Set in a pan of water and bake 15 minutes. Serve with White Sauce containing chopped, blanched almonds. This may be baked, in a loaf, for 1 hour.

### **Filled Peppers.**

1 cup minced chicken, or veal.	$1\frac{1}{2}$ cups bread crumbs.
2 tablespoonfuls of minced ham.	2 tablespoonfuls of hot water.
2 slices of onion.	1 large tomato.
Salt, cayenne.	1 tablespoon butter.
1 cup soup stock.	1 egg.
	6 green peppers.

Cut the stems from green peppers so they will stand. Cut

off the opposite ends, remove seeds and white part, and arrange them in a baking pan.

Mix the chopped meat and bread crumbs (which have been wet with the hot water), the peeled tomato and onion, chopped fine, the butter, salt, cayenne and beaten egg, and fill the peppers.

Pour the stock around the peppers, in the pan, and put  $\frac{1}{2}$  teaspoonful on top of each one. Bake 25 minutes in a moderate oven.

### **Potted Pigeons.**

Draw and clean. Break the legs, just above the feet, leaving enough below the joint to tie to the tail. Wash and wipe. Cover with vinegar spiced and flavored with onion and let them stand several hours. This makes them tender. Drain and wipe. Stuff if you like with bread, sage, pork and pepper, making it stiff enough to roll into balls. Stuff the pigeons with these. Dredge with salt, pepper and flour. Fry 5 or 6 slices of salt pork, cut 1 large onion fine and fry it, in the fat, a light brown. Put the crisp pork in a stew pan, add the fried onion, then brown the pigeons all over, in the fat left in the pan. Put them in the stew pan on top the pork and onion, half cover with hot water, add a little pepper, salt, and a pinch of herbs tied in a cloth. Simmer very gently three hours. Remove the fat from the broth and thicken with flour and butter creamed together and diluted with a little of the broth.

### **Stewed Hare. Delicious.**

2 rabbits.  
1 onion.  
1 bay leaf.

4 tablespoonfuls of flour.  
1 tablespoonful any catsup.  
1 teaspoonful salt, pepper.

3 tablespoonfuls of butter.      2 tablespoonfuls of lemon  
3 cups of water.                      juice.

Skin, clean, wash, disjoint, and roll in flour. Put butter in a pan, and when it is hot add the meat. Brown well, but do not burn. When it is brown on all sides, put it into a stew pan and put into the frying pan such flour as remained after the meat was rolled in it. Stir until it gets smooth, then add the water, and boil 5 minutes. Pour this liquid over the meat, in the stew pan. Add the spice, salt, pepper, and whole onion. Cover closely and cook very gently 2 hours, then add lemon juice and catsup. Arrange on dish and pour on the gravy.

### Paté de Foie Gras.

1 calf's liver.	1 teaspoonful of made
Butter.	mustard.
Speck of Cayenne.	1 teaspoonful of Worcester-
Salt.	shire sauce.
½ grated nutmeg.	1 tablespoonful of onion
Level saltspoon of ground	water.
cloves.	

Boil a calf's liver very slowly, in salted water, until exceedingly tender. In another kettle boil the calf's tongue. Let them grow cold in the water in which they were boiled.

The next day cut the liver into bits, and mash it into a paste, adding a little butter, as it is needed to make a paste. When quite soft work into it a speck of cayenne, a little salt, ½ a grated nutmeg, a level teaspoonful of ground cloves, 1 teaspoonful of made mustard, 1 teaspoonful Worcestershire sauce, and 1 tablespoonful of water in which an onion was gently steeped. Work the paste very thoroughly and pack in jelly glasses, putting in, occasionally, bits of the boiled tongue. Butter the glasses first and cover the paste with melted

paraffine. Put in a cool place. It will keep all winter and makes a delicious luncheon or tea relish.

### **Delicious Hash.**

Equal parts of meat and raw potatoes chopped fine. Add enough stock gravy or milk to moisten. Season with pepper, salt and a little minced onion.

Butter a *cold* skillet and spread the hash in it, cover closely and bake  $\frac{1}{2}$  hour. When done turn out on a chop platter, or turn over double like an omelet, and garnish with parsley.

### **Jellied Tongue and Veal.**

Take an ox tongue out of pickle and let it soak in cold water 12 hours. Boil it slowly until tender  $1\frac{1}{2}$  to 2 hours. Remove the skin and cut off all the root and slender tip. Have a breast of veal boned. Spread it out carefully, as flat as possible, rub with salt and pepper. Lay the tongue in the center, and roll it up. Take a piece of thin muslin and wrap it securely around the veal and place it in an earthen jar large enough to just accommodate it. Add 6 whole cloves, 1 onion, 1 stalk of celery, a little parsley, salt, and 6 whole peppers. Cover with a cup of hot water, place a lid on the jar, and bake in a moderate oven about 3 hours, when remove from the water, put between two plates, under a weight, until cold.

Strain the stock left in the jar, and color it, either a delicate yellow or pale green, with Dr. Price's vegetable coloring liquids.

Pour half the colored stock into an oblong mould and let it harden. Remove the cloth from the veal, lay it on the jelly,



in the mould, then pour in the remainder of the stock, and place in refrigerator to become hard. When about to serve remove from the mould and cut in thin slices with a sharp knife.

The center (the tongue) will be pink, surrounded by the white (veal), the outside pale yellow, or green jelly. Garnish with pink radishes, a little parsley, and slices of lemon.

### **Crab Olio.**

(A SOUTHERN RECIPE.)

Scald and skin 6 large tomatoes and drain on a sieve until water is out.

Chop fine the meat of four large, boiled crabs, the inside of an egg-plant which has been boiled, and the tomatoes. Add three eggs, slightly beaten, salt, pepper, and half a cup of bread crumbs.

Heat through in two tablespoonfuls of butter, *but do not brown it*. Put the mixture in crab shells, or individual dishes, and cover with bread crumbs. Place in pan of water and bake 15 minutes.

### **Corn Pudding.**

8 ears of corn.

1 teaspoonful of sugar.

1 cup milk.

$\frac{1}{2}$  teaspoonful of salt.

2 eggs.

Draw a sharp knife through each row of corn, then press from the cob with the back of the knife. Mix all together. Grease pudding dish, fill, and bake slowly  $\frac{1}{2}$  to  $\frac{3}{4}$  of an hour. Eat as a vegetable.

### **Cream Chestnut Croquettes.**

50 Spanish chestnuts.                      4 eggs.  
½ cup of cream.                              ½ teaspoonful of salt.  
4 tablespoonfuls of butter.

Shell the nuts and boil 15 minutes. Take up and remove the skins, and boil 15 minutes longer. Drain and mash. Add the butter and salt by degrees. Add the cream a little at a time, working it in well. Beat 3 of the eggs, and beat them into the other ingredients. Put the mixture in a double boiler and cook 8 or 10 minutes, stirring constantly. Spread it on a large platter to cool. When cold, butter the hands slightly and shape into balls, cones, or cylinders. Dip these into the fourth egg beaten, then in fine bread crumbs. Fry 1½ minutes, to a light brown. Arrange on a warm napkin and serve immediately.

### **Onion au Gratin.**

Scald the onions, chop rather coarse. Place in a baking dish, cover with Béchamel sauce, into which has been stirred a tablespoonful of chopped parsley. Cover the tops with bread crumbs moistened with melted butter and a little grated cheese. Bake half an hour (or more).

### **Sliced Baked Tomatoes.**

Slice fresh tomatoes and spread in layers in a baking dish. Sprinkle each layer with salt, pepper, curry powder, sugar and dots of butter, and lastly a layer of crumbs and butter. Bake until tomatoes are tender. Five minutes before taking out pour over them a cupful of whipped cream slightly sweetened.

### **Fried Green Tomatoes.**

Cut a thin slice from top and bottom, then cut in 2 or 3 slices (rather thick). Dip each in seasoned flour, and fry in 4 tablespoonfuls of butter, half an hour or more. When done lift out and keep very hot. Put a large tablespoonful of flour in the pan, stirring until it browns. Add slowly 1 cup of milk. Cook smooth and pour over the tomatoes.

### **Sweet Corn à l'Oriental.**

Strip the corn of all husks, place it in a porcelain or agate kettle, cover with sweet milk and let it boil 15 or 20 minutes. Never use a drop of water on it.

### **Deviled Tomatoes.**

Take 6 tablespoonfuls of butter,  $\frac{1}{2}$  teaspoonful onion juice, 1 tablespoonful vinegar, 1 teaspoon sugar,  $\frac{1}{2}$  teaspoon mustard, 1 teaspoonful of salt, a speck of cayenne, and the yolks of 2 eggs.

Cut the ends off of 5 or 6 large tomatoes, slice and fry in 4 tablespoonfuls of butter.

Mix and blend the other ingredients and put them in a double boiler. Add the beaten yolks, just as you take the sauce from the fire. Turn over the tomatoes and serve *hot*.

### **Baked Beets.**

Beets retain their sweet flavor to perfection if baked. Select large ones and turn them often in the oven, but do not use

a fork, as that would let them bleed. Bake 3 to 3½ hours. Peel, slice, and season with butter, pepper and salt.

### **Scalloped Cabbage.**

Cut the cabbage as for slaw, put it into boiling water, and when nearly cooked (about 20 minutes) add some salt. When tender drain and put into individual baking dishes. Pour over it White Sauce, then grated cheese, old and dry, and lastly, 1 cup of bread crumbs moistened with two tablespoonfuls of butter, melted. Potatoes prepared in this way are excellent also.

### **Parsnip Croquettes.**

Boil in salted water and then mash them. When cool add 1 tablespoonful of butter, pepper, salt, and one beaten egg. Make into croquettes, rolled in dried bread crumbs, dip in beaten egg, then in crumbs again. Fry in wire basket, in deep fat, to a delicate golden yellow.

### **Okra Gumbo.**

3 tomatoes.	1 onion, sliced.
8 okra pods.	2 cups celery.
1 sweet pepper.	2 tablespoonfuls of butter.
½ cup water.	Pepper and salt.

Slice the okra and onion. Chop the tomatoes very little. Cut celery in ½-inch slices, and mince the green pepper, freed from seeds and white parts. Season, add water, and simmer ¾ of an hour.

### **Baked Onions.**

Peel the onions and boil very slowly 15 minutes. Drain and arrange in a greased baking dish. Season with pepper and salt, and pour over a White Sauce to which a beaten egg has been added. Sprinkle with fine crumbs and dot with butter. Bake, covered, for 20 minutes, then uncover and brown lightly.

### **Crooked Neck Squash.**

Pare and cut in slices 2 inches thick, making rings. Dip each ring in seasoned flour and fry until tender.

### **Cucumber Fritters.**

First cut off the ends to avoid the bitter part. Peel and grate, pressing out all the juice. Add  $\frac{1}{2}$  cup of rich cream, 1 cup of flour, 2 tablespoonfuls of butter (melted), pepper and salt. Beat 4 eggs separately, add to the mixture and fry as fritters.

### **Spanish Spaghetti.**

Fill a large kettle with water and when it boils violently put in 2 cupfuls of macaroni broken into inch lengths. Salt, and let it boil 1 hour. Drain and let cold water run over it to blanch it. Put  $\frac{1}{2}$  cup of smooth tomato sauce in a baking dish, then a layer of macaroni. Sprinkle with minced sweet green pepper, salt and grated cheese. Repeat layers and have cheese on top. Bake  $\frac{3}{4}$  of an hour.

### **Egg-Plant and Cheese.**

Boil 3 egg-plants and when tender peel and mash them, adding a thick slice of bread soaked in cold water. Fry in hot lard until the water disappears, seasoning with salt, pepper, parsley and minced onion. Put butter and grated cheese for first layer, then half of the egg-plants, adding another layer of cheese, then the remainder of the egg-plant, and finishing with a layer of cheese, bread crumbs and butter. Place in the oven 10 minutes to brown lightly.

### **Egg-Plant Supreme.**

Peel and cut in slices, sprinkle with salt, pepper and cayenne. Dredge with flour and fry very slowly in plenty of butter. Let them cook beyond the tender point—till the outsides become lightly crisped. During the frying of the egg-plant have large red tomatoes cut in halves baking in the oven, pulp side up, seasoned with salt, pepper and butter, and piled as high as possible with minced onion. Serve one on each slice of egg-plant.

### **Pepper Salad.**

Select *sweet peppers*. Let them stand in ice water several hours. When crisp, remove the seeds through the stem end and cut across in thin even rings. Heap these in the center of a flat dish, with a border of crisp lettuce leaves, and pour over the peppers a thick mayonnaise seasoned with  $\frac{1}{2}$  teaspoon Darwin's salad vinegar.

### **Pineapple Salad.**

Slice or shred the pineapple, arrange on lettuce leaves. Over this pour mayonnaise, and scatter browned almonds on top.

### **Grape Fruit Salad.**

Cut the grape fruit in two. Remove the pulp carefully with an orange spoon, reserving all the juice. Strain the fruit dry. Let the juice become cold and when ready to serve mix 3 tablespoonfuls of it with 6 tablespoonfuls of olive oil,  $\frac{1}{2}$  teaspoonful of salt, a dash of paprika,  $\frac{1}{4}$  teaspoonful onion juice. Arrange fruit on lettuce and pour the dressing over it.

### **Egg-Plant Salad.**

Slice the contents of an egg-plant in very thin slices, and cut these into dice. Put them into a bowl with a teaspoon of salt, mix well and place a weight over them, and chill for two hours. Sprinkle another teaspoonful of salt inside the egg-plant to draw out the water, and chill it also. Cut into small dice some canned tunny fish,  $\frac{1}{4}$  cup celery, 4 chopped hard boiled eggs, and  $\frac{1}{2}$  lb. blanched English walnuts. Make a highly seasoned French dressing, add the cut up egg-plant wiped dry. Fill the shell of the egg-plant with this salad.

### **Banana Salad.**

Select red bananas, remove the skins, roll in mayonnaise and then in very finely chopped nuts of all kinds. A little mayonnaise is added and the bananas are served on lettuce leaves.

### Rice Charlotte.

2 level tablespoonfuls of rice. 5 teaspoonfuls of sugar.  
 $\frac{1}{2}$  cup cold water.  $1\frac{1}{2}$  teaspoonfuls of vanilla.  
 $\frac{1}{2}$  cup cold milk.  $\frac{1}{2}$  pt. heavy cream.  
4 sheets druggists' gelatine.

Soak the rice in the cold water 1 hour, then rinse it well. Soak the gelatine 1 hour in the cold milk. Boil rice 40 minutes in double boiler, drain, add sugar and vanilla. Whip the cream stiff, and stir all together. Serve very cold.

### Cream Prune Pie.

1 lb. prunes.  $\frac{1}{3}$  cup of sugar.  
Cream. 4 tablespoonfuls of fine  
Whites of 2 eggs. sugar.  
Yolks of 4 eggs.

Wash the prunes and soak over night. Put in double boiler and simmer until tender. Stone and rub through colander, add sufficient juice to moisten. Allow 1 cup of cream to each cup of fruit pulp. Add the yolks of the eggs beaten light, and the  $\frac{1}{3}$  cup sugar. Line pie plate with crust, fill with the mixture, and bake in a moderate oven. Spread with meringue made of the 2 whites and 4 level tablespoonfuls of sugar, whipped together until stiff. Dust with dry sugar and return to oven (or broiler) to tint brown.

### French Charlotte.

9 apples. Bread 2 days old.  
 $\frac{1}{2}$  cup sugar. Grated peel of  $\frac{1}{2}$  lemon.



Juice of lemon.  
1 teacup water.

2 tablespoonfuls of butter.

Core and slice the apples, *without peeling*. Put them in a saucepan with the grated peel of half a lemon, 2 tablespoonfuls of butter,  $\frac{1}{2}$  cup of sugar, the juice of 1 lemon and 1 cup of water. When soft rub through colander to remove skins. Butter a 3-pt. mould (or bread pan), cut VERY thin slices of bread, remove crusts, dip in melted butter. Fit these into the mould, allowing their edges to overlap a little. Line sides the same way. Fill with apple sauce. Cover with thin slices of bread and bake  $\frac{3}{4}$  of an hour. Turn out on a platter, laying the platter on the mould and then inverting it. Cream may be served with it. Very delicious.

### Bonnie Squash Pie.

1 cup of cooked squash.	$\frac{1}{2}$ teaspoonful of ginger.
2 level tablespoonfuls of flour.	1 cup sugar.
1 tablespoonful of rose-water.	2 eggs.
1 tablespoonful of brandy.	1 pt. rich milk.
Rind of $\frac{1}{2}$ lemon grated.	$\frac{1}{4}$ teaspoonful of salt.
	Juice of 1 lemon.
	$\frac{1}{4}$ teaspoonful of cinnamon.

Stir the sugar, flour and salt together, add the rosewater, brandy, grated lemon rind, and the juice, cinnamon and ginger. Beat the eggs and add them, next the squash, and lastly the milk. Fill under crust with this mixture. Put in a hot oven for a few minutes, then turn gas down so the custard may cook slowly.

### Plain Charlotte.

$\frac{1}{4}$  box gelatine.                      1 pt. cream.  
1 pt. smooth apple sauce.        1 doz. ladyfingers.

Soak gelatine in  $\frac{1}{2}$  cup cold water  $\frac{1}{2}$  hour, then add it to the apple sauce. As soon as the mixture begins to congeal, stir in carefully 1 pint of cream, whipped stiff. Line the mould with ladyfingers, pour in the mixture, and stand away to cool.

### Apple Shortcake.

10 apples.                                1 teacup water.  
 $\frac{1}{2}$  cup of sugar.                        2 tablespoonfuls of butter.  
Juice of 1 lemon.                      A little cinnamon or  
Grated peel of  $\frac{1}{2}$  lemon.            nutmeg.

Wash and quarter the apples without paring. Remove all bits of core with a knife. Put in stew pan, with 1 cup of water, cover tightly, and when they boil soft, press through colander to remove skins, add the butter, sugar, spice, lemon juice and rind.

Make a rather plain pie crust, roll in 2 thin layers, placing one on top of the other, being careful not to press together. When baked, separate, and spread liberally with apple sauce between and on top. Serve with cream. If the nursery must be considered, make thin biscuits instead of pie crust, as follows:

Sift Swansdown flour and measure  $2\frac{1}{2}$  cupfuls and sift again with  $2\frac{1}{2}$  teaspoonfuls baking powder, and  $\frac{1}{2}$  teaspoonful of salt. Add 1 tablespoonful of butter, and 2 of lard. Cut into the flour with a knife, add  $\frac{1}{2}$  cup of milk. Roll as thin as pie crust, cut like cookies, lay together in twos. When baked separate, fill and serve.

### Trilby Cream.

- |                             |                         |
|-----------------------------|-------------------------|
| 1 qt. whipped cream.        | ½ cup sugar.            |
| 3 tablespoonfuls of sherry. | ½ lb. marshmallows.     |
| ¼ lb. chopped pecans.       | ¼ lb. candied cherries. |

Whip the cream stiff, add sherry, cut the marshmallows into quarters or slices. Mix together, put in a mould, pack in salt and ice for several hours. When serving, place the candied cherries on top.

### Macaroon Pudding.

- |                              |                      |
|------------------------------|----------------------|
| 1 doz. (stale) macaroons.    | 6 bananas.           |
| 1 qt. of milk.               | ½ teaspoonful almond |
| 1 cup granulated sugar.      | extract.             |
| 4 tablespoonfuls fine sugar. | 4 eggs.              |

Crumble the macaroons and spread a layer in a pudding dish, add a layer of bananas, sliced thin, lengthwise. Repeat three times and pour over this a custard made of the beaten yolks, milk and granulated sugar. Cook very slowly, standing the dish in pan of water until custard is just "set," and cover with meringue made of the pulverized sugar and extract. Brown lightly.

### Delicious Jellied Prunes.

- |                 |                     |
|-----------------|---------------------|
| 1 lb. prunes.   | Juice of 2 oranges. |
| 1½ pints water. | ½ box gelatine.     |
| 1 cup sugar.    | ½ cup cold water.   |

Wash the prunes in several waters, rubbing them well between the hands. Put them in a stew pan with 1½ pints of water and simmer very gently for 2 hours, closely covered. Soak the gelatine ½ hour in ½ cup cold water. Take up the prunes when tender and remove the stones carefully. Heat 1

pint of the juice, stir in the gelatine, and take from the fire. Stir until gelatine is dissolved, then add sugar and orange juice. Arrange prunes with cut sides toward inside of mould, pour in the strained juice and set away for 5 hours to harden. Serve with cream.

Syrups from preserves, tutti frutti, or lemon juice may be used in place of the orange juice.

### Perfect Charlotte Russe.

- |                               |                                   |
|-------------------------------|-----------------------------------|
| 1 pt. whipping cream.         | Whites of 2 eggs.                 |
| 2 tablespoonfuls of gelatine. | $\frac{1}{2}$ cup powdered sugar. |
| 1 cup cold water.             | 1 dozen ladyfingers.              |
| 1 teaspoonful vanilla.        | 20 Maraschino cherries.           |

Dissolve the gelatine in the water 1 hour. Whip stiff a pint of heavy cream, add sugar, vanilla and gelatine, lastly stir in lightly the beaten whites of 2 eggs. Grease jelly glasses with butter, line with split ladyfingers. Put three Maraschino cherries in each glass, fill with Charlotte, set the glasses on tin plates, and put in ice box for 6 hours.

### French Trifle.

- |                                   |                           |
|-----------------------------------|---------------------------|
| 6 bananas.                        | 1 wine glass white wine.  |
| $\frac{1}{2}$ cup powdered sugar. | 1 wine glass tepid water. |
| 1 lump of sugar.                  | 3 drops eau de cologne.   |
| 1 cup whipped cream.              | 1 doz. preserved violets. |

Put in a glass dish a layer of ice, well powdered with sugar, and upon this a layer of bananas peeled and sliced, again a handful of chopped ice, and sugar, repeating until the dish is as full as required. Pour upon the fruit a wine glass of white wine and a wine glass of tepid water in which you have

dipped a lump of sugar that has absorbed 4 drops of almond extract, and another that has absorbed 3 drops of *genuine* eau de cologne. (In the right cologne you get the compressed extract of rosemary and lemon thyme.) Mix well and garnish top with whipped cream and a few preserved violets. You will not detect the cologne, as with the other ingredients it unites to produce a subtle but delicious flavor.

### Roman Cream.

Soak  $\frac{1}{2}$  box gelatine in  $\frac{1}{2}$  cup cold milk  $\frac{1}{2}$  hour.

Put 2 cups of milk in the double boiler and when it reaches the boiling point add the dissolved gelatine and stir until smooth. Let it boil up *once*. Remove from the fire and add the yolks of 3 eggs which have been creamed together with  $\frac{1}{2}$  cup of sugar. When cool add the 3 whites beaten very stiff, and lastly 1 teaspoonful of vanilla. Pour into a mould that has been wet in cold water.

### Peaches in Jelly.

$\frac{1}{2}$  box gelatine.

2 cups sugar.

$1\frac{1}{2}$  cups water.

12 halves of peaches.

Juice of 1 lemon.

$\frac{1}{2}$  cup boiling water.

Soak the gelatine in  $\frac{1}{2}$  cup cold water 1 hour. Put 1 cup of water, and 1 cup of sugar on the fire, and let them come to a boil, removing the scum. Put in 12 halves of peaches, and let them remain 1 minute, then take them out very carefully, not to break them, and pour the hot syrup over the gelatine. Add the juice of 1 lemon, 1 cup of sugar and  $\frac{1}{2}$  cup of boiling water. Put these over the fire and stir until the gela-

tine is dissolved. Lay the peaches in a mould and strain the hot jelly over them. Let stand 6 or 7 hours.

### Nut Patties.

1 cup powdered sugar.	3 yolks of eggs.
3 whites of eggs.	2 tablespóonfuls of cream.
1 cup of raisins.	1 cup hickory nuts.

Beat the 3 yolks and 1 white, adding 1 cup of powdered sugar gradually, then 2 tablespóonfuls of cream, 1 cup chopped raisins and 1 cup finely chopped hickory nut meats. Line gem tins with pastry, rolled thin, fill  $\frac{1}{2}$  full with the mixture, bake about 30 minutes, and when done cover with meringue made with 2 whites and 4 level tablespóonfuls of powdered sugar beaten stiff. Brown lightly.

The pastry may be cut in squares, 1 tablespóonful of mixture put in the center, the edges wet slightly to make them stick and folded over to form triangles. Omit the meringue in this case.

### Plum Pudding.

$\frac{1}{2}$ lb. suet.	1 loaf stale bread.
1 cup sugar.	$\frac{1}{2}$ lb. raisins.
1 glass brandy.	1 lb. currants.
1 nutmeg.	1 teaspoon ground ginger.
$\frac{1}{2}$ cup milk.	1 teaspoon salt.
18 Maraschino cherries.	$\frac{1}{4}$ lb. English walnuts.

Chop the suet very fine, also the nuts; grate the bread. Mix all ingredients thoroughly. Tie in a cloth, or put in a covered mould, filling  $\frac{3}{4}$  full. Steam 3 hours. Serve with hard sauce, to which add the beaten white of 1 egg.

## WHAT WITH WHAT.

All references to recipes begin with capital letters.

*With raw oysters*—Cocktail sauce, New York sauce, sliced lemon, tomato catsup.

*Soups*—Egg balls, force-meat balls, egg dumplings, cheese croûtons, crisps, Parmesan fritters.

*Mock turtle soup*—Curry balls.

*Fish, baked*—Beans, corn, lettuce, mashed potatoes, sweet potatoes, squash, Drawn Butter, Hollandaise Sauce.

*Fish, boiled*—Potatoes, squash, turnips, tomatoes, horseradish, lemon, Tomato Sauce, Tartar Sauce, Parsley Sauce, Lobster Sauce.

*Fish, fried*—Cucumbers, potatoes, squash, tomatoes, Sauce Tartare, Cucumber Sauce.

*Fish balls*—Fried green tomatoes, Maitre d'hotel Sauce.

*Roast beef*—Baked beets, macaroni, potatoes, rice, squash, turnips, horseradish sauce, dry grated horseradish, tutti frutti, cooked bananas, candied cherries, apple fritters, Mushroom Sauce.

*Beefsteak*—Beans, corn, peas, parsnips, croquettes, potatoes, tomatoes, slices of lemon, strips of green peppers, fried, Mushroom Sauce, Bearnaise Sauce.

*Lamb, boiled*—Asparagus, peas, potatoes, spinach, turnips, Caper Sauce.

*Lamb chops*—Asparagus, lettuce, potatoes, sweet potatoes, turnips, Tomato Sauce, pickles, Bearnaise Sauce.

*Lamb, roast*—String beans, corn, peas, potatoes, fried summer squash, turnips, Mint Sauce.

*Lamb chops*—Lettuce, potatoes, turnips, sweet potatoes, pickles, tomato sauce, Bearnaise sauce.

*Mutton, roast*—Boiled onions, mashed turnips, mashed potatoes, asparagus, cauliflower, spinach, peas, fried tomatoes, currant jelly, orange marmalade.

*Pork, roast*—Onions, rice, potatoes, sweet potatoes, squash, spinach, cauliflower, Apple Sauce, or fried apples.

*Sweetbreads*—Peas, asparagus, cauliflower, tomatoes, macaroni and cheese, Tomato Sauce.

*Birds*—Currant or plum jelly, turnips, macaroni, beans, mashed potatoes, rice croquettes.

*Calf's head*—Brain sauce, beans, celery, dandelions, macaroni, horseradish, parsnips, spinach, potatoes.

*Duck, wild*—Tomatoes, macaroni, spinach, wild rice, any green salad, black currant jelly, wild grape jelly, Mustard Sauce.

*Duck, roast*—Boiled onions, baked macaroni, corn, beans, mashed potatoes, boiled rice, squash, apple sauce, "currant Jelly Sauce," Olive Sauce, "Celery Sauce," Mustard Sauce.

*Turkey, boiled*—Lettuce, parsnips, potatoes, turnips, currant jelly, "Oyster Sauce," Cranberry Sauce, Celery Sauce, Lemon Sauce.

*Turkey, roast*—Beans, corn, cold slaw, onions, potatoes, rice croquettes, green beans, sweet potatoes, squash, tomatoes, cranberry, plum or currant jelly, Chestnut Sauce.

*Lamb, cold*—Mint jelly, pickles, baked macaroni with oysters.

*Veal, roast*—Asparagus, horseradish, parsnip-croquettes, mashed potatoes, spinach, sweet potatoes, Apple Sauce.



*Venison, roast*—Onions, mashed potatoes, squash, turnips, currant jelly (red or black), Claret Sauce, Currant Jelly Sauce.

*Venison, steaks*—Parsnip croquettes, potatoes, baked squash, deviled tomatoes, creamed turnips, currant or plum jelly, "Port Wine Sauce."

*Game*—Potatoes, tomatoes stewed, spinach on toast, green salads, "Bread Sauce," orange and cress salad.

*Goose, roast*—Beans, onions, mashed potatoes, boiled *wild* rice, squash, turnips, Apple Sauce with horseradish and whipped cream added.

*Chicken, roast*—Beans, baked beets, celery, corn pudding, onions (boiled or baked), currant or other acid jelly.

*Chicken, fried*—Cauliflower, fried mush or fine hominy (as garnish to chicken), stuffed potatoes, acid jelly, rice, parsnips, turnips, tomatoes, celery.

## FISH AND MEAT SAUCES.

(Measurements are *level*.)

### Currant Jelly Sauce.

(DUCK AND VENISON.)

Break 3 inches of cinnamon into bits, add 6 cloves, 4 table-spoons of sugar, the thin yellow peel of  $\frac{1}{2}$  lemon,  $\frac{1}{2}$  cup of port wine, and keep warm  $\frac{1}{2}$  hour to steep. Strain into a double boiler containing  $\frac{1}{2}$  glass currant jelly chopped fine. Let it come to a boil and serve very hot.

## **Claret Sauce.**

(VENISON.)

One glass *black* currant jelly, 6 cloves,  $\frac{1}{2}$  stick of cinnamon, rind of 2 oranges, 1 tablespoon reduced soup stock, 1 tablespoon brown sauce. Put these into a stewpan, add 1 cup of Burgundy or claret, and boil 20 minutes. Strain into a double boiler, add the juice of 2 oranges, bring to a brisk boil and serve very hot.

## **Parsley Sauce.**

(FOWL AND BOILED FISH.)

Add  $2\frac{1}{2}$  tablespoons of chopped parsley to 1 pt. Drawn Butter Sauce.

## **Chestnut Sauce.**

(TURKEY.)

Remove shells from 1 pt. large chestnuts. Boil them 3 minutes. Remove the skins, break them in half. Cook in salted, boiling water until very soft. Mash fine in the water in which they were boiled. Cook 2 tablespoons of flour in 4 of browned butter, stir into the chestnuts and cook 5 minutes. Salt and pepper to taste.

## **Cucumber Sauce.**

(FOR FRIED FISH.)

Pare 2 cucumbers, cut into quarters lengthwise (removing seeds, if large), chop fine and squeeze dry. Season with salt, paprika and 1 tablespoon of vinegar. Add  $\frac{1}{2}$  cup thick cream whipped stiff.

### **New York Sauce.**

(FOR RAW OYSTERS.)

One tablespoon finely chopped shallot, 1 teaspoon chopped chives,  $\frac{1}{4}$  teaspoon of salt, a little white pepper, 5 tablespoons tarragon vinegar, 2 teaspoons fresh lime juice. Mix and let mellow 1 hour before serving.

### **Olive Sauce.**

(ROAST DUCK.)

Soak 1 cup of olives in hot water 20 minutes to extract the salt. Pare round and round through to the stone, keeping the flesh in one curling piece. Add these to 1 cup Brown Sauce, and simmer 8 minutes. Serve hot.

### **Lemon Sauce.**

(BOILED FOWL.)

Boil and mash the chicken livers, add these and the pulp and juice of  $1\frac{1}{2}$  lemons to 1 pt. of Drawn Butter Sauce.

### **Horseradish Sauce.**

(ROAST GOOSE.)

Put 1 cupful of hot apple sauce through a sieve, add 2 table-  
spoons of sugar,  $\frac{1}{4}$  cup grated horseradish and the same  
amount of whipped cream.

### **Horseradish Sauce.**

(HOT FOR BEEF.)

- |                                      |                               |
|--------------------------------------|-------------------------------|
| 4 tablespoons of grated horseradish. | 1 teaspoon of powdered sugar. |
| 4 tablespoons of cracker crumbs.     | 1 teaspoon of made mustard.   |
| 1 teaspoon of salt.                  | 2 tablespoons of vinegar.     |
| A little white pepper.               | ½ cup cream.                  |

Mix and heat in double boiler.

### **Horseradish Sauce.**

(COLD.)

Cream ¼ cup (4 level tablespoons) of butter very light, add 4 tablespoons of grated horseradish, 1 tablespoon of very thick cream, and ½ teaspoonful tarragon vinegar.

### **To Blanch Parsley.**

(FOR SOUPS.)

To produce a vivid green place the parsley in a strainer, or cloth, and dip it for ½ minute into boiling water, into which put a pinch of soda. Then squeeze dry in a clean cloth and chop very fine.

### **To Flavor Cornbeef, Ham or Tongue.**

Mix 1 tablespoon of vinegar with 1 tablespoon of Worcestershire sauce, add 1 teaspoon of dry mustard, 1 tablespoonful brown sugar, 6 cloves, 6 allspice. Stir until sugar is dissolved.

Add the mixture to the beef  $\frac{1}{2}$  hour before it is done, and put the beef back into this liquid (after first serving) until it gets cold over night.

### **To Fry Oysters.**

Dip fried oysters first in mayonnaise and then in fine cracker crumbs before frying.

### **Parmesan Fritters.**

(CREAM SOUPS.)

Two tablespoonfuls of butter, a pinch of salt, 4 tablespoons of water (or 5 tablespoonfuls of milk). Boil these and stir in quickly 1-3 cup of flour, and when smooth remove, add 6 tablespoons of grated Parmesan. Cool and add 3 unbeaten eggs, reserving 1 white. Beat well, and drop in bean-like bits from a teaspoon into hot fat. Cook a delicate brown and serve hot.

### **Oil Pickles.**

One hundred cucumbers, finger length and size, sliced in  $\frac{1}{2}$  inch pieces without paring. Mix in layers, with large cup of salt, over night. Three pints of small onions in cold water 1 hour. Wash cucumbers free from salt, add 3 oz. ground white pepper, 3 oz. white mustard seed, 1 oz. celery seed, 2 cups best olive oil (Antonini), and alum, size of a hickory nut, dissolved in hot water. Place in Royal glass jars and cover with cold vinegar (which has been previously scalded).

### **Chopped Pickle.**

Chop  $\frac{1}{2}$  peck green tomatoes (or  $\frac{1}{2}$  doz. ripe yellow cucumbers), 3 green peppers, 6 onions, 2 red peppers, sprinkle in layers with 1 pt. salt, and let stand over night. Drain dry, scald vinegar and pour over and let it remain 2 or 3 days, when drain again and throw away the vinegar.

Scald 3 qts. vinegar, 3 lbs. sugar, 2 tablespoons black pepper, 3 oz. allspice, 3 oz. whole cloves, 6 oz. white mustard seed, 1 oz. celery seed, alum size of an English walnut. Pour over and seal cold.

### **Indian Pickle.**

Scald 1 gal. cider vinegar with 1 cup salt,  $\frac{1}{2}$  oz. white pepper, 5 lbs. sugar, 1 oz. ground mustard,  $\frac{1}{2}$  cup ground ginger, a few pieces ginger root broken into bits, 4 oz. white mustard seed, 4 oz. cassia (cinnamon) buds, 2 teaspoonfuls whole cloves. When *cold* add all kinds of pickle vegetables as they come into season, only washing them off in boiling water to kill germs. Use okra buds (whole or sliced), string beans, nasturtium seeds, cauliflower, radishes, radish seed-pods, etc., etc., adding strips of green peppers and horseradish to keep the vinegar sharp. Six lemon verbena leaves improve the flavor, or tutti frutti, or juice from preserves.

### **Sliced Cucumber Pickle.**

Slice 100 medium sized cucumbers without paring. Sprinkle in layers with 1 pt. of salt. Leave in brine from one morning until the next evening, then wash off and put in clear water, and let stand to freshen over night. To 7 lbs. cucumbers allow 4 lbs. brown sugar, 1 oz. each cloves, cinnamon buds, white

mustard seed, turmeric powder, and 1 tablespoonful black pepper. Put in kettle in layers with 6 sliced onions, cover with vinegar, and simmer very gently 2 hours. Seal cold.

### **Ripe Tomato Soy.**

(SWEET.)

Pour boiling water over  $\frac{1}{2}$  peck ripe tomatoes. Let stand 3 minutes, remove skins, slice thin and add 6 medium-sized onions (peeled and sliced), and 1 cup of salt. Let stand 36 hours. Drain off and throw away the juice.

To the solid part add 4 cups of sugar, 1 level tablespoon ground allspice, 1 level tablespoon ground pepper, 1 level tablespoon ground cloves, 2 qts. cider vinegar, 2 level tablespoons ground mustard, 2 level tablespoons salt. Boil until smooth and tender. Seal hot. (Delicious.)

### **Currant Soy.**

(COLD MEATS.)

Simmer very slowly for 1 hour 3 qts. red currants (stemmed), 3 qts. (6 lbs.) sugar, 3 sliced lemons, 3 cups seeded raisins, 1 cup vinegar,  $\frac{1}{2}$  teaspoon ground cloves, 1 teaspoon cinnamon, 1 ground nutmeg.

### **Conserves.**

Cut in pieces 1 qt. rhubarb, add 1 pt. red raspberries, 1 pt. red currants, 1 lb. seeded raisins, 1 lb. chopped English walnuts, 2 oranges and 2 lemons, with peel. To each pound of fruit allow 1 lb. of sugar. Cook till thick like jelly and put up in glasses.

### **Rhubarb and Fig Jam.**

Seven pounds rhubarb, 5 lbs. sugar. Cut the rhubarb into inch lengths. Sprinkle with the sugar and let stand all night. Chop the peel and pulp (omitting white parts) of 3 lemons and 1 lb. nice figs, very fine. Add to rhubarb and boil hard about 1 hour, stirring constantly to prevent the figs from settling and burning. When like marmalade put in jelly glass.

### **Rhubarb and Pineapple Jam.**

Seven pounds rhubarb, 8 lbs. sugar, 1 pineapple. Chop the prepared pineapple and sprinkle it with the same measurement of the sugar. Wash and cut the rhubarb in  $\frac{1}{2}$ -inch lengths, sprinkling the remainder of the 8 lbs. of sugar through it in layers. Let stand all night (or several hours), then put the rhubarb in a kettle, add the juice of 2 lemons, and boil  $\frac{1}{2}$  hour, then add the pineapple, cook 15 minutes, and when thick put into glasses and pour over melted paraffine when jam is cold.

### **Grape Fruit Marmalade.**

Five medium-sized grape fruits, 12 lbs. sugar, 12 pts. of water. Slice the fruit very thin. Put them into a kettle with 11 pts. of the water. Cover the seeds with the other pint of water. Let all stand 24 hours. Squeeze water from seeds, and add it to the fruit. Add juice of 3 oranges and 3 lemons. Boil  $1\frac{1}{2}$  hours, keeping kettle covered. Add sugar and boil 30 minutes.



## Cucumber Preserves.

Take young cucumbers, a little longer than your middle finger, allowing 1 pt. of salt for every hundred. Sprinkle in layers, pour on boiling water and let stand one week (with a weight to keep them under the brine). Wash the salt off, and soak 1 day and night in fair water, changing this 4 times. With a small knife slit down one side, dig out the seeds, stuff with a mixture of 2 cups of seeded chopped raisins,  $\frac{1}{2}$  cup citron, chopped very fine, and  $\frac{1}{2}$  cup candied cherries, also chopped. Sew up incision with fine thread. Weigh them and make a syrup, allowing 1 lb. sugar to every one of cucumbers, with a pint of water. Heat to a sharp boil, skim, drop in the fruit, and simmer very slowly 1 hour. Take up the fruit and spread on a platter. Boil down the syrup with a little ginger root added. When thick put in the cucumbers again, simmer 5 minutes to heat through, then put in glass jars, sealing when cold. An odd and delicious sweet pickle. (Cut in slices and lay them down flat.)

## Preserved Pumpkin.

Cut, pare and remove the seeds, cut in squares, or slice on a potato cutter. Allow equal weight of sugar and pumpkin, arranging them in layers. Pour in lemon juice,  $\frac{1}{2}$  cupful to each pound of pumpkin. Let stand 24 hours. Then boil all together with 1 cup of water to every 3 lbs. of pumpkin, 1 tablespoon ginger root, tied in a cloth, and the thin yellow rind of the lemons shredded. Simmer until pumpkin is tender, then put in jars. In 3 or 4 days pour off the syrup, boil up and pour over hot.

## Tutti Frutti.

Put into a 2-qt. jar 1 pt. of pure alcohol and 1½ lbs. white sugar. Stir well. Add all kinds of fresh fruits as they come into season, and as fruit is put in *always* add an equal amount of sugar (in addition to the first syrup). Use red currants, cherries, strawberries, red raspberries (very generously), peaches, candied or fresh kumquots, apples, pears, plums, pineapple (sliced and then quartered), quinces (slightly cooked)—everything *but* blackberries, blueberries and muskmelon. These berries are too dark.

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A most delicious flavor is imparted to grape jelly by adding a twig of cherry tree, with 2 or 3 leaves, sewing it in a bag.

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A few peach leaves added to tomato catsup improve the flavor.

## Scotch Potato Scones.

Sift together 2 cupfuls Swansdown flour, ½ teaspoonful of salt, and 2 of baking powder, rub in ½ cupful of mashed potatoes, add 1 beaten egg and enough milk to make a soft dough. Divide into three portions, pat into rounds ½ inch thick, and cut each round into quarters. Glaze with ¼ cup (4 tablespoons) milk and 1 tablespoonful of sugar. Bake in hot oven, split, butter and serve hot.

## English Scones.

1 cup flour.	4 tablespoons of butter.
½ teaspoon soda.	2 tablespoons of sugar.
½ teaspoon salt.	⅓ cup Sultana raisins.

1 teaspoon cream of tartar.      1 egg.

2 tablespoons of buttermilk.

Mix and sift all dry ingredients. Chop the hard butter in until quite fine. Add raisins, then egg (slightly beaten), buttermilk to make a soft dough, and roll out. Dredge board, lightly, toss and pat half the dough into a ball, flatten into the shape of a pie plate, glaze top by brushing with a slightly beaten egg, or 4 tablespoons of milk and 1 of sugar. Bake quickly 15 minutes.

### Tea Cake.

2¼ cups Swansdown flour.      ½ cup sugar.

1 teaspoonful of salt.      ½ nutmeg.

2½ teaspoons baking powder.      ¾ cup currants.

2 tablespoonfuls of butter.      ½ cup milk (more or less).

Pat into 2 rounds, ¾ inch, and bake in 2 pie plates. Cut into pie-shaped pieces and serve very hot.

### Drop Cakes.

Cream 1 cup of butter, add 2 cups of granulated sugar gradually and cream again. Add 5 eggs well beaten, 2 cups Swansdown flour, and 1 teaspoonful of vanilla. Drop in small dots on the bottom side of iron meat pan. Bake in an almost cold oven to allow the cakes to run and spread before they cook. (No milk.)

### Sour Cream Cookies.

1 teaspoon soda.

1 cup butter.

1 cup sour cream.

2 cups of sugar.

2 eggs.

3½ cups flour.

Cream the butter and gradually add the sugar, beating all the time. Add 2 well-beaten eggs and the sour cream, adding the soda to it (first dissolving it in a little hot water). Have the mixture as soft as possible. Roll thin and bake in a moderate oven.

### **Ideal Cookies.**

2 cups sugar.	2 teaspoons cinnamon.
½ cup butter.	½ grated nutmeg.
2 eggs.	½ cup milk.
Flour to make soft dough that can be handled.	2 teaspoons of baking powder.

Cream the butter, sugar, cinnamon and nutmeg very thoroughly, add 2 well-beaten eggs, beat well, and stir in ½ cup of milk, add flour to make a dough that can be handled, sifting the baking powder into part of it.

Flour your hands lightly, take bits of the dough and shape them into balls between the palms. Throw each ball into a cup of granulated sugar, and shake until it is thoroughly coated. Place these balls on a well-greased pan and they will spread into cookies. Bake slowly to a very pale yellow. They will be spicy, sparkling and crackled all over like macaroons. (Delicious.)

### **Spiced Fruit Cake.**

1 cup butter.	2 cups seeded raisins.
1 cup brown sugar.	1 cup warm coffee.
1 teaspoon ground allspice.	1 egg.
1 teaspoon ground nutmeg.	1 cup black molasses.
1 teaspoon ground cinnamon.	3 cups sifted flour.
1 teaspoon soda put into the molasses.	

Order of mixing: Cream the butter alone, add sugar and cream again, egg beaten very light, then the molasses (into which has been stirred the soda), the warm coffee, the flour, a little at a time, and the spices. Beat very thoroughly and add the fruit dredged with flour. Bake in a slow oven  $1\frac{1}{2}$  to 2 hours, as a hot oven easily burns molasses.

### **Blueberry Cake.**

2 cups flour.	$\frac{1}{2}$ teaspoon soda.
1 teaspoon cream of tartar.	2-3 cup of sugar.
1 egg.	Milk to make thick batter.
Salt.	2 cups berries.

Grease a pan and pour in a layer of batter, then berries, until pan is filled. Cut in squares and serve hot. (Bannocks.)

### **Blueberry Muffins.**

Sift together 2 cups of flour, 3 teaspoons baking powder,  $\frac{1}{3}$  teaspoon salt. Beat 3 eggs, add  $1\frac{1}{2}$  cupsful of milk and stir this mixture with the first one. Stir in very gently 1 cupful of blueberries and bake in a hot oven.

### **Improved German Puffs.**

5 eggs, leaving out the whites of 3.	5 tablespoons of flour.
$\frac{1}{4}$ teaspoon salt.	1 tablespoon melted butter.
	2 cups sweet milk.

Beat the eggs and milk together till very light, then add flour and butter. Bake in greased cups or gem tins half full.

## Corn Dodgers.

2 cups cornmeal.	2 tablespoons of flour.
2 cups boiling water.	2 eggs.
1 tablespoon of sugar.	1 teaspoon salt.

Pour boiling water on the meal, sugar and salt. Beat and put in a cool place over night. In the morning add the eggs well beaten and the flour. Dip a tablespoon into cold milk, then fill it with batter, and slide it gently into the deep hot fat, and cook 10 minutes.



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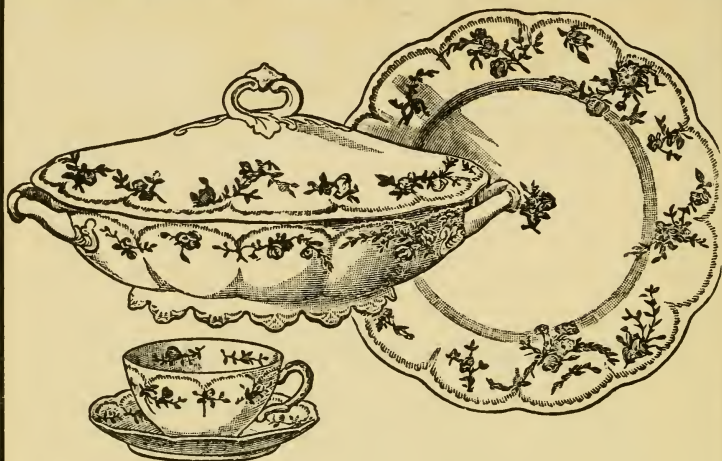
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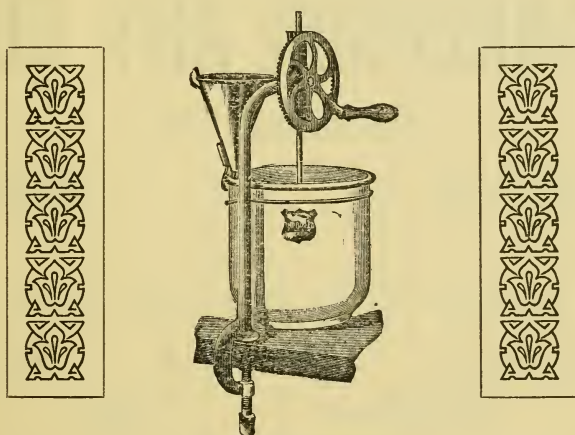
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