



CONTENTS

	PAGE
Women's Organizations Interested.....	6
Introduction.....	7
A Word as to our Advertisers.....	9
Time Tables for Cooking.....	12
Table of Weights and Measures.....	13
Chapter I. Soups.....	14
Chapter II. Fish.....	20
Chapter III. Meats, Game and Poultry.....	28
Chapter IV. Vegetables.....	40
Chapter V. Salads, Sauces and Relishes.....	46
Chapter VI. Pickles and Preserves.....	60
Chapter VII. Bread, Rolls, Biscuits and Muffins.....	70
Chapter VIII. Pies, Puddings and Desserts.....	100
Chapter IX. Cake.....	122
Chapter X. Ice Cream and Candies.....	152
Chapter XI. Dainty Sandwiches.....	164
Chapter XII. Eggs, Omelettes, Chafing Dishes.....	170
Chapter XIII. Dishes for Invalids.....	176
Chapter XIV. Modern Methods of Canning.....	188
Chapter XV. General Recipes.....	202