

Beets, Italian Style.

**BEETS, ITALIAN STYLE.**

Scrub the beets without breaking the skin; do not trim the roots or the juices will run out. Cook in boiling water till tender, drain, cover with cold water and push off the skin with the hands. Cut each beet into quarters, lengthwise, and dispose on a serving dish. Meanwhile, melt two tablespoonfuls of butter; in it cook two tablespoonfuls of flour and one-fourth a teaspoonful, each, of salt and pepper; pour on half a cup of cold water, mix, pour on half a cup of boiling water, mix, pour on half a cup of boiling water, mix, cook till smooth and boiling; add one tablespoonful of lemon juice and two tablespoonfuls of butter. Pour over.

**FILIPINO BEEF.**

Trim unedible portions from one pound and a half of round steak and half a pound of lean, fresh pork. Put the meat with one onion (peeled) and one green pepper pod, freed from seeds, through a meat chopper; add one teaspoonful of salt, a cup of sifted bread crumbs (soft, not dry crumbs) and a beaten egg; mix all together thoroughly, then shape into a roll; set the roll of meat in an agate pan, strain about a quart of stewed tomatoes around the meat, put two slices of bacon above and let cook about forty minutes, basting several times with the tomato. If preferred, the tomato may be omitted, and the meat be basted with dripping. Cook parboiled potatoes with the meat, and serve the dish with a brown tomato sauce.

**PLAIN GINGER CAKES.**

Pour a cup of molasses into a mixing bowl; sift in two level teaspoonfuls of soda and beat together thoroughly; put one-fourth a cup of butter in a cup, pour over it one-third a cup of boiling water, and, when the butter is melted, pour it into the molasses. Sift together three cups of flour, half a teaspoonful of salt, a tablespoonful of ginger, a teaspoonful of cinnamon, and one-fourth a teaspoonful of cloves, and stir into the liquid ingredients with as much more flour as is required to make a dough that can be kneaded. Do not make it too stiff. Roll the dough—a small piece at a time, that it may be handled less stiff—to three-eighths an inch thick and cut it into rounds; press one or two nut meats into the top of each, dredge lightly with granulated sugar, and bake in a moderate oven. The recipe will make forty cakes.

**RICE WITH APPLES AND MERINGUE.**

Put three-fourths a cup of rice over the fire in a quart or more of cold water, and stir while heating quickly to the boiling-point. Let boil five minutes. Then drain on a sieve, rinsing with cold water. Return to the fire in a double boiler. Add to the rice three cups of milk and a scant teaspoonful of salt. Cover, and let cook until the rice is tender, adding more milk or water, if needed. Beat the yolks of two or three eggs. Add a grating of orange or lemon rind, one-fourth a cup of sugar, and one-fourth a cup of butter. Mix thoroughly. Then stir into the rice. Have ready a concave border mould, thoroughly buttered and dredged with sugar. Turn the rice into the mould. Set the mould in a pan on several folds of paper. Surround it with boiling water, and let cook in the oven



Cabbage Salad With Beets.

**Dishes That Look Good and Taste Good.**

fifteen or twenty minutes. In the meantime, core and pare eight apples. Rub these with an orange or lemon, cut in halves, and set to cook, a few at a time, in a syrup made of a cup and a half each

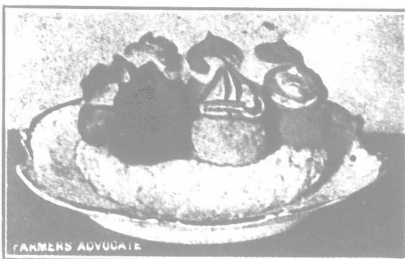
of sugar and water. Watch the apples closely, turning often to keep them whole. When tender, fill the apples with jelly or preserves, and pipe meringue on the top. Dredge the whole with granulated sugar, and set into the oven to cook eight minutes. Invert the rice on a serving-dish. Dispose the

apples above, and pour the syrup, reduced by cooking, around the base of the rice. Beat the whites of two eggs dry. Then gradually beat in two level tablespoon-

fuls of sugar. When the mixture is very glossy, "cut and fold" in two level tablespoonfuls of sugar, and use as needed.

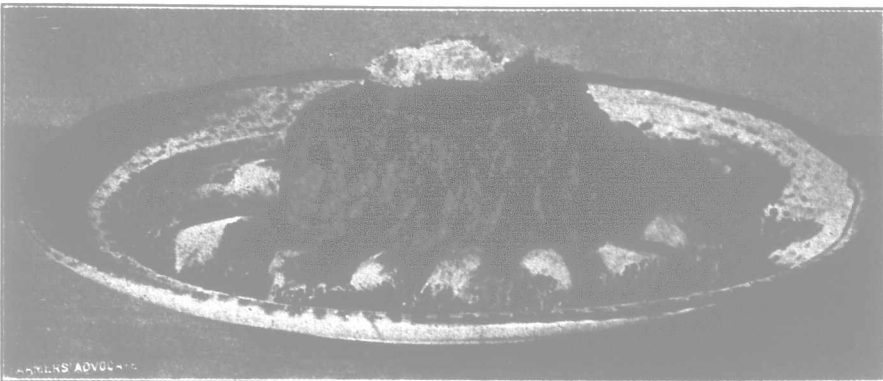
**STRAWBERRY TRIFLE.**

Use sponge cake, either fresh or stale.

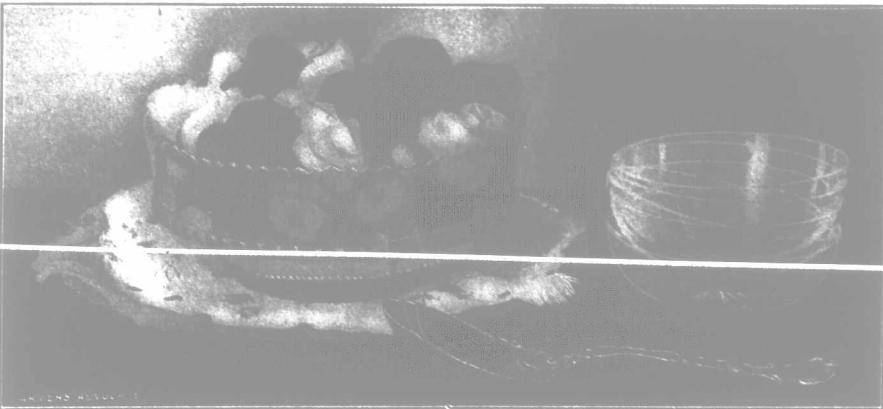


Rice With Apples.

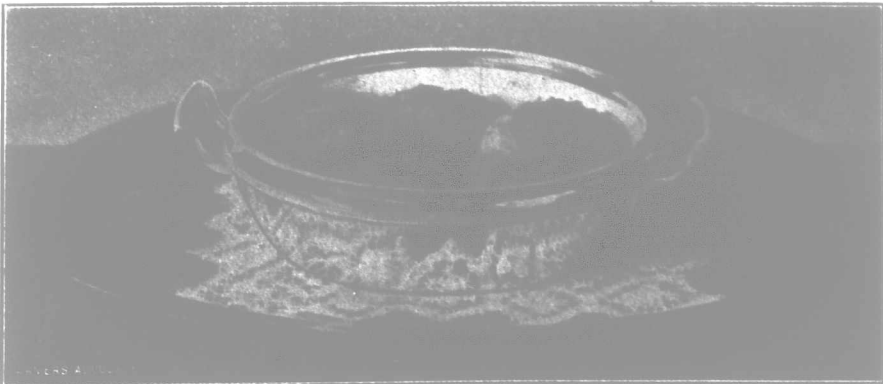
Cut the cake into half-inch slices. Hull and wash a basket and a half of strawberries. Reserve a few choice berries; crush and strain the imperfect ones, and cut the others in halves. Mix the berry juice with sugar, and in another dish mix the halved berries with sugar. Put a layer of the prepared cake in a glass dish, pour over it a little of the fruit juice, then put in some of the prepared berries. Continue until the dish is full. Decorate the top with a cup of



Filipino Beef.



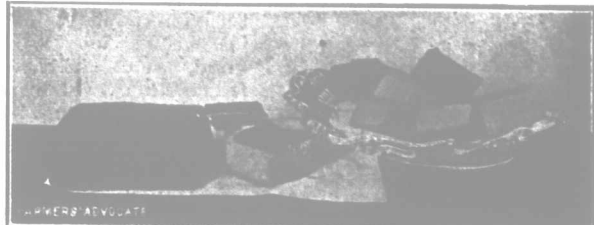
Strawberry or Peach Trifle.



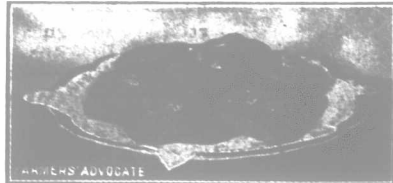
Onions Stuffed With Nuts.



Fruit and Nut Rolls.



Breakfast Corn Cake.



Plain Ginger Cakes.

whipped cream and the whole berries. The cake may also be served, in the same way, with other berries or sliced peaches.

**CABBAGE SALAD IN CABBAGE SHELL WITH BEETS.**

Select a well-shaped, crisp head of cabbage, not too large. Remove the coarse outer leaves, and take out the heart of the cabbage, to leave a thin shell. With something round for a pattern, cut the edge of the cabbage shell in scallops. Chop the removed cabbage very fine, discarding meanwhile coarse stalks or ribs. Season with salt and pepper, add equal measures of mayonnaise dressing and whipped cream, salted before whipping, and mix together thoroughly to a light, fluffy ball. With this, fill the open space in the cabbage. Decorate with parsley and thin ribbons of cooked beet, rolled to resemble flowers. Surround with lettuce leaves.

**FRUIT-AND-NUT-ROLLS.**

Sift together, three times, three cups of flour, six level teaspoonfuls of baking-powder, and half a teaspoonful of salt. Work in from one-third to one-half a cup of shortening. Then mix to a dough with milk. Turn the dough onto a floured board, knead slightly, then roll out into a rectangular sheet about one-third an inch thick. Brush over the sheet of dough with softened butter, then sprinkle with Sultana raisins or cleaned currants and filberts (hazelnuts), cut into several pieces. Roll up the dough compactly, then cut the roll in pieces an inch long. Set these on end, close together, in a buttered baking-pan. Bake about twenty minutes.

**BREAKFAST CORN-CAKE.**

Cream two-thirds a cup of butter. Beat into it one cup of sugar, the yolks of three eggs, and, alternately, two cups of milk and two cups, each, of cornmeal and white flour, sifted with one level teaspoonful of soda and three level teaspoonfuls of cream of tartar. Lastly, beat in the whites of three eggs, beaten dry.

**ONIONS STUFFED WITH NUTS.**

Peel Spanish onions. Let cook in boiling water an hour, then remove from the water, and, when cooled a little, cut out a piece about two inches across around the root end, thus leaving a thin shell of onion. Chop fine one cup of walnuts or pecan nuts, mixing them with a cup of grated bread crumbs, a third of a cup of melted butter, half teaspoonful salt, and a beaten egg. Sprinkle the inside of the onion cases very lightly with salt, then fill with the nut mixture, giving it a dome shape on top. Set the prepared onions in a baking-dish suitable to send to the table, pour in about a cup of hot water or white stock, and set to cook in a moderate oven. Let cook about three-fourths of an hour, basting occasionally with the liquid in the pan, and at last with a tablespoonful of butter melted in hot water. Before serving, pour into the dish a round of cream sauce.—Boston Cooking School Magazine.

Put out of your thought the past, whatever it may be; let go even the future with its golden dream and its high ideal; and concentrate your soul in this burning, present moment. For the man who is true to the present is true to his best; and the soul that wins the ground immediately before it makes life a triumph.—O. S. Davis.